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BALANCED MEALS  
WITH  
CALORIE VALUES



# BALANCED MEALS WITH CALORIE VALUES FOR THE ORDINARY HOUSEHOLD

BY  
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*A man needs 3000 to 3500 calories per day  
A woman needs 2500 to 3000 calories per day*

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TO

**All housewives who are cooks, and all cooks  
who are not housewives ; and all those who  
have the responsibility of choosing and pre-  
paring food for the nourishment and health of  
the nation**



## PREFACE

THIS book has been written in answer to the often repeated questions, "What is a Balanced Meal?" "What is a Calorie?" "What do you mean by Protein, Fat and Carbohydrate, Salts, and Vitamins?"

It is an attempt to bring the findings of the scientists and professors of Dietetics, on whose work this book is based, to the housewife and cook in the kitchen, where the science of Dietetics must necessarily be applied. It is not intended either as a scientific treatise or a treatise on cookery. Some recipes must necessarily appear so that the correct balance of the meals may be maintained. The menus are intended for the artisan and middle classes.

All materials have been bought in the open market and all recipes tried and proved.

It has been my endeavour to make the wording as simple as possible, and if I have only begun to show the relationship of our daily food to dietetics I shall be well rewarded.

In each meal the quantities of Protein, Fat, and Carbohydrate are given in grammes. Also included in each meal are the necessary Salts, Calcium, Phosphorus, and Iron, and the essential Vitamins.

To the London School of Dietetics, 1 Ridgmount St., W.C.1, whose Diploma I hold, I must express my grateful thanks for much valuable help in the publication of this book. Also my thanks are due to the firms who have graciously sent me the percentage composition of their products.

C. P. L. E.



# CONTENTS

	PAGE
PREFACE . . . . .	7
HOW TO BALANCE MEALS, AND WHY . . . . .	13
Simple explanations of the meaning of calorie, proteins, fats, carbohydrates, balance, roughage, salts, and vitamins—Menus—Various drinks: Water, alcohol, tea, coffee, cocoa, chocolate, beef tea, milk—Relative values and composition of various beverages and common foods—Abbreviations and quantities—Prices	
MEALS FOR THE DAY FOR ONE PERSON . . . . .	23
Food value, in grammes and calories, required each day by one person	
DAY'S MEALS FOR ONE . . . . .	24
Six examples of specimen day's meals with calorie value, food value, and cost	
BREAKFASTS FOR ONE . . . . .	29
Twenty-three breakfast menus with calorie value, food value and cost	
LUNCHES FOR ONE . . . . .	35
Nineteen lunch (alternatively supper) menus, with calorie value, food value, and cost	
DINNERS FOR ONE . . . . .	40
Thirty-five dinner menus with calorie value, food value, and cost	
LIGHT MEALS FOR ONE . . . . .	52
Menus giving calorie value, food value, and cost—Seven menus for easily digested meals—Seven menus for fish lunches—Seven salad menus—Fourteen menus for savoury snacks	
SUPPLEMENTARY RECIPES: VALUE AND COST . . . . .	60
Four puddings—Four sauces—Eleven soups—Seven cakes	
NOTES ON COOKERY . . . . .	65
Boiling—Roasting—Stewing and casserole cooking—Steaming—Frying—Raw foods—Freezing—Re-cooked meat—General principles	

	PAGE
<b>RECIPES . . . . .</b>	<b>67</b>
121 recipes with calorie value, food value, and cost:—	
I. Soups . . . . .	67
II. Sauces . . . . .	72
III. Fish . . . . .	76
IV. Meats . . . . .	76
V. Vegetables . . . . .	88
VI. Salads . . . . .	91
VII. Puddings and sweet dishes . . . . .	98
VIII. Savouries . . . . .	114
IX. Cakes . . . . .	117
<b>REFERENCE LISTS FOR MENU MAKING . . . . .</b>	<b>122</b>
Very cheap meals: best values for small cost (calorie values and costs)—Breakfasts—Dinners—Lunches or suppers—Vegetarian meals with calorie values—Breakfasts—Lunches or suppers—Salads—Snacks—Fruit breakfasts	
<b>PRICES IN LONDON DISTRICTS, 1934-5 . . . . .</b>	<b>125</b>
<b>CONCLUSION . . . . .</b>	<b>129</b>



**AN extract from a lecture given on the wireless and printed in "The Listener" of 3rd October, 1934, by Dr. Leslie Harris, Director of the Nutritional Laboratory at Cambridge, who discusses the need for education and planning in nutrition and says—**

**" Malnutrition, as we see, may be due to two causes. Firstly, people may have insufficient money to spend on food. Secondly, given enough money, they may have insufficient knowledge to buy the right food. And there is no use disguising the fact—the principal difficulty is the economic one."**

**I hope you may gain from this little book some knowledge of food values and of what foods to buy to get the greatest nourishment at the least cost.**

# BALANCED MEALS WITH CALORIE VALUES

## HOW TO BALANCE MEALS, AND WHY

"Now good digestion wait on appetite and health on both."

IT is not necessary here to give a technical definition of a calorie. This is not a scientific treatise for use in the laboratory but a book to be read in the kitchen, to help the housewife and cook to feed her family and keep them in health by not starving them of any of the essential elements contained in foods: that is, so that she may be able to balance the meals and give the greatest nourishment for the least cost, and, no less important, to know when she is overfeeding her family. Obesity would not occur so frequently if meals were balanced and the correct number of calories taken.

A Calorie is not a food or a part of a food, it is a measurement (as an inch or a yard is a measurement of wood or cloth). It is used here for the measurement of the heat, the energy, and body-building material produced when food is eaten by us, and burned (as it is chemically) inside us, by the fluids, acids, etc., which we know as digestion. Actually this burning is what keeps us warm, gives us energy to work and play, and repairs all parts of the body we wear out in working and playing; it also supplies growing material for children and young people.

A CALORIE is the measurement of energy, heat, and body-building material produced by the burning of food we eat and digest.

## FOR AVERAGE HEIGHT AND WEIGHT

	<i>Calories per Day</i>
A man needs about . . . . .	3000 to 3500
A woman needs about . . . . .	2500 to 3000
A child 14 to 17 years needs about . . . . .	2500 to 3800
A child 9 to 13 years needs about . . . . .	1900 to 3500
A child 3 to 8 years needs about . . . . .	1050 to 2300

Boys need rather more than girls.

Heavy workers and young people who play energetic games need a greater number of calories up to a maximum of—

5300 for a labourer  
3500 for a washerwoman

Calorie values are approximate. This must be so; because fruit, vegetables, and grain, grown in different districts, prepared and cooked under different conditions must vary slightly; as also must animal foods for the same reason. But the main argument of balance remains the same.

Foods that produce energy, heat, and body building material are known as—

1. PROTEINS, or body building foods. These are required for growing children. Adults and old people need less. The expectant mother, for the growth of the coming child, and so for the health of the future generation, should include protein in a liberal, balanced diet, containing plenty of milk (see Page 19) and a little meat or fish; and *not*, as is often the case when money is hard to find, unselfishly deny herself these things, for the sake of the rest of her family.

2. FATS, or fuel foods. These cannot be completely burned or digested without carbohydrates.

3. CARBOHYDRATES, or starch and sugar. These with the fats—speaking broadly—are the energy foods. Carbohydrates are required more by heavy workers.

PROTEINS (Body Building Foods) are found in—	FATS (Fuel Foods) are found in—	CARBOHYDRATES (Starch and Sugar) are found in—
Dairy Milk	Butter	Sugar Bread
Eggs	<i>Fat of Meat</i>	<i>Flour</i>
Cheese	Suet	White
Meat	Dripping	Wholemeal
Lean Meat { fresh chilled frozen	Lard	
Liver	Cream	<i>Oatmeal</i>
Heart	Cheese	Fine
Kidney	Milk	Coarse
Rabbit	Eggs	
Chicken		<i>Root Vegetables</i>
Pork	<i>Fat of Fish</i>	Potatoes
Bacon, etc.	Herrings	Carrots
	Mackerel	Turnips
	Salmon	Onions, etc.

PROTEINS	FATS	CARBOHYDRATES
<i>Fish</i> Herrings Bloaters Kippers Sprats	<i>Fish Roe</i> Olive Oil, etc.	<i>Dried Vegetables</i> Peas { Split Green Beans { Haricot Butter, etc.
<i>Fatty Fish</i> Eels Salmon		<i>Fresh Green Vegetables</i> Salads
<i>White Fish</i> Hake Cod Skate Sole, etc.		<i>Fresh Fruit</i> Dried Fruit
<i>Vegetables</i> Beans { dried or Peas { fresh Lentils Carrots Nuts, etc.		Raisins Currants Sultanas Prunes Figs, etc.
		Nuts Rice (unpolished) Tapioca Semolina Sago, etc.
		<i>Foods composed of</i> <i>Flour, Sugar and</i> <i>Dried Fruits</i> Biscuits Buns Cakes, etc.

These foods are given approximately in their order of value.  
*Milk is the nearest complete food in itself but it has no Roughage.*

## BALANCE

All foods have their uses, none are perfect in themselves. Perfect food can only be obtained by mixing the foods in the correct proportion: that is what is meant by balance.

It has been judged that an average adult requires—

About 100 grammes of Protein per day.

About 100 grammes of Fat per day.

About 400 grammes of Carbohydrate per day.

## ROUGHAGE

There must also be included in the balanced diet for the day a certain amount of roughage: that is, indigestible material found in vegetable fibres, such as the fibres of cabbage, salads, and fruits, that helps to carry the foods along the digestive tubes and so keep the body clean and in working order.

## SALTS

These again are necessary for a balanced diet, the chief being calcium, phosphorus, and iron.

*Calcium* is necessary among other things for the formation of teeth and bone; to expectant mothers particularly, for the formation of teeth and bone in the unborn child. It is found in cheese, eggs, milk, and some vegetables and fruits, etc.

*Phosphorus* enters into the composition of the nerve tissues, and is found in many proteins, in the yolk of eggs, etc.

*Iron* is needed for making red blood to attract the oxygen in the air we breathe into the lungs, the blood then being carried to all parts of the body. It is found in egg yolk, watercress, oats, some nuts, etc.

Cooking salt contains another valuable salt, "to taste" being about the right proportion.

To preserve the balance of the meal the correct foods should be chosen. Salts exist in varying proportions in different foods; and although these salts exist in such small quantities, they are vitally necessary.

## VITAMINS

Vitamins have life-giving properties; they are to be found in certain foods (fresh vegetables, fruits, butter, cream, milk, liver, yeast, cod liver oil, halibut liver oil, etc.) and must be included in a balanced diet. They are found in very minute quantities and are essential to health.

The chief of those discovered have been named A, B<sub>1</sub> and B<sub>2</sub>, C, D, and E.

Vita-min	Use	Natural Source	Characteristics in Cooking
A	Promotion of growth. Resistance to infectious disease. Prevention of eye troubles.	Green Vegetables, Tomatoes, Butter, Cream, Carrot, Liver, Kidney, Cod Liver Oil.	Resists heat. Not destroyed by cooking.

Vita-min	Use	Natural Source	Characteristics in Cooking
B	Promotion of growth. Prevention of skin and nerve trouble, anaemia, and constipation.	Wheat Germ, Brown Bread, Barley, unpolished Rice, Brewers' Yeast, Marmite, Eggs, Milk, Liver, Kidney, Green Vegetables, Dried Peas, Beans, and Lentils.	Resists heat. Not destroyed by cooking.  Destroyed if cooked with soda.
C	Prevention of scurvy.	Fresh Fruits and Salads, Oranges, Lemons, Pineapple, Tomatoes, Green Vegetables, Swedes.	Destroyed by heat or cooking with soda.  Carefully tinned fruit and vegetables, particularly pine-apple and tomatoes, retain a fair amount of Vitamin C.
D	Prevention of rickets and defective teeth.	Cod Liver Oil, Halibut Liver Oil, Milk, Butter, Eggs, Beef Suet. Exposure of the body to sunlight. Cows' milk is richer in Vitamin D in summer.	Unaffected by heat or cooking.
E	A help to the expectant and nursing mother.	Milk and Green Vegetables.	Unaffected by heat or cooking.

If, therefore, meals are balanced and the correct number of calories taken, many illnesses may be avoided.

### MENUS

The menus of balanced meals are set out. From the recipes a number of other menus may be selected, keeping to the correct number of grammes of Protein, Fat, and Carbohydrate, and amounting to the number of calories required.

If a larger or smaller meal is needed, each item of the meal should be increased or decreased in the same proportion.

The three or four meals then make about 100 grammes Protein, 100 grammes Fat, and 400 grammes Carbohydrate for the day, and total number of calories required (see Page 13).

Carbohydrate grammes should be at least twice the number of Fat grammes at any one meal: if the fat is too high there will be a feeling of sickness.

Salts and Vitamins are included in all the dishes. Quantities are for the edible portion (Specimen Day's Meals, Pages 24-28).

Judgment must be used in the choice of foods for young children, invalids, and old people.

## DRINKS

Drinks have not been included in many of the menus. Following is a list with calorie values and composition. Include in the meal the drink that gives that part of the food that is required most; that is to say, if it is a meal high in fat, cocoa or chocolate should not be taken, but rather a drink that has more carbohydrate—a fruit drink or tea, including sugar. Tea or coffee should not be taken, however, with high protein meals.

## WATER

Water has no calorie value, but is necessary for health. 4 to 6 glasses a day should be taken, some of which will be taken in tea, coffee, cocoa, fruit drinks, beers, spirits, and wines, as these all contain water. Life will not continue for more than about 3 days without water in some form.

## ALCOHOL

Alcohol acts as a stimulant. Alcoholic drinks give high calorie values but most of these are used as energy, few go to body building. Broadly speaking the purer the alcohol—as in spirits—the more calories go in energy. The more fruit juices that go to their making the nearer they are in food value to fruit drinks. There are times when alcohol promotes appetite and aids digestion; but if taken over a certain quantity (which varies in different people) it delays digestion and acts in much the same way as a poison.

## TEA AND COFFEE

These have no calorie value but are taken for their stimulating effect and flavour. Tea should be made with freshly boiled water and left to infuse for only 5 minutes, then poured off into another pot to keep hot. Milk and sugar taken with tea have calorie value.

## COCOA AND CHOCOLATE

These have a food value according to the amount of fat that is left in the powder as bought, and to the amount of milk and sugar added.

All drinks that act as stimulants should be taken in moderation.

## BEEF TEA

This has no calorie value and practically no nourishment value. It has only flavour.

## MILK

Milk should be used more as a food than as a drink, and should be one of the chief sources of nourishment for all people. It may be taken in any form: cold, hot, flavoured with tea, coffee, chocolate, etc., or in the form of milk puddings, flavoured with lemon, chocolate, or any other flavouring; in sauces, soups, blancmanges, custards, Jellies, etc. Butter, also, which is made from the cream of milk, should be used liberally. It gives about 3,800 calories to the pound. Being all fat, it must be used with a great deal of food that comes under the heading of Carbohydrates (Pages 14, 15).

*Economy in milk and butter is false economy.*

## CALORIE VALUES AND COMPOSITION OF BEVERAGES

Drink		Approximate Calories		Approximate Grammes	
Water			0		0
Milk	1 glass	½ pt.	200		Protein 10 Fat 12 Carbo- hydrate 14
Beer	1 glass	½ pt.	122	Solids	Protein, etc. Alcohol
Stout	1 glass	½ pt.	142	Solids	Carbo- hydrate Protein, etc.
Cider	1 glass	½ pt.	125	Alcohol	Carbo- hydrate a trace
Port	1 glass	2 oz.	67	Alcohol	Carbo- hydrate
Champagne	1 glass	5 oz.	201	Alcohol	Carbo- hydrate
Whisky		3 oz.	205	Alcohol	Carbo- hydrate
Lemon Juice		2 oz.	22		Carbo- hydrate
Orange Juice		2 oz.	24		Carbo- hydrate
Tea			0		0
Coffee			0		0
Cocoa, un- sweetened		1 oz.	141		Protein 6 Fat 8 Carbo- hydrate 10
Chocolate, un- sweetened		1 oz.	173		Protein 3 Fat 13 Carbo- hydrate 8
Chocolate, sweetened, average milk		1 oz.	156		Protein 2 Fat 9 Carbo- hydrate 14

## CALORIE VALUES AND COMPOSITION OF COMMON FOODS

	Approximate Calories	Approximate Grammes
Bread, white, 1 slice tin loaf, $\frac{1}{2}$ in. thick	92	Protein      3 Fat            — Carbo- hydrate      19
*Bread, brown, 1 slice tin loaf, $\frac{1}{2}$ in. thick	87	Protein      3 Fat            — Carbo- hydrate      18
Potato, 1 tbsp. boiled, about 1 oz.	24	Protein      1 Fat            — Carbo- hydrate      5
Butter, 1 tbsp.	436	Protein      1 Fat            48 Carbo- hydrate      —
Sugar, 6 lumps.	100	Protein      — Fat            — Carbo- hydrate      25
Cheese, cheddar, 1 inch cube.	130	Protein      8 Fat            10 Carbo- hydrate      1
Cream, thick, 1 tbsp., about $\frac{1}{2}$ oz.	54	Protein      — Fat            6 Carbo- hydrate      —
Egg, average (2 oz.)	84	Protein      6 Fat            6 Carbo- hydrate      —
Flour, 1 tbsp.	100	Protein      3 Fat            — Carbo- hydrate      21

\* Contains vitamin B.

Condiments and flavouring essences may be added, but they have no appreciable calorie value.

## ABBREVIATIONS AND QUANTITIES

E.P., Edible Portion.

tbsp., Tablespoonful.

dsp., Dessertspoonful.

tsp., Teaspoonful.

1 heaped tablespoonful = 1 solid ounce, approx.

2 tablespoonfuls = 1 liquid ounce.

1 heaped tablespoonful is equal to about 1 oz. cooked vegetables, puddings, etc.

1 tablespoonful is equal to about 2 oz. butter, golden syrup, fats, etc.

In the following menus, lists, and recipes—

Bread 2 slices, tin loaf,  $\frac{1}{2}$  in. thick =  $2\frac{1}{2}$  oz. approx.Meat 1 slice  $4 \times 2 \times \frac{1}{4}$  in. thick = 1 oz. approx.Cheese 1 cube  $1 \times 1 \times 1$  in. = 1 oz. approx.Celery  $\frac{1}{2}$  head = 3 oz. approx.

Orange 1 medium (E.P.) weighs 4 oz. approx.

Banana 1 medium (E.P.) weighs 3 oz. approx.

Lemon 1 medium yields 2 tbsp. or about 1 oz. Juice.

Orange 1 medium yields 5 tbsp. or about  $2\frac{1}{2}$  oz. Juice.

Butter 1 dsp. weighs about 1 oz.

*As purchased—*

Apple 1 medium weighs about 4 oz.

Potato 1 medium weighs about 5 oz.

## PRICES

The prices given here are the lowest and highest according to the district and season, and include the bone of meat and unavoidable waste (the peel of fruit and the outside leaves of vegetables, etc.). For fish, chicken, duck, and rabbit the edible portion is about half the weight as purchased.

## MEALS FOR THE DAY FOR ONE PERSON

The food consumed each day by one person should contain—

**ABOUT 100 GRAMMES PROTEIN**

**ABOUT 100 GRAMMES FAT**

**ABOUT 400 GRAMMES CARBOHYDRATE**

and should amount to

the number of

**CALORIES**

suitable to the person for whom it is intended

(see list Page 13)

*Note. Calorie and gramme values have been worked out to the nearest whole number.*

## SPECIMEN DAY'S MEALS, 1

## BREAKFAST 17 (Page 33)

	Calories	Grammes
		Protein
		Fat
Grape-fruit		27
Fried Plaice	565	16
Toast, Butter, and Honey		79
Tea or Coffee		5
Milk $\frac{1}{2}$ pt.	167	6
Sugar, 4 lumps		26

COST 10 $\frac{1}{2}$ d.-1s. 2 $\frac{1}{2}$ d.

## LUNCH 3 (Page 35)

	Calories	Grammes
		Protein
		Fat
Grilled Kidneys and Chips		31
Fruit Whip	1324	76
Lemonade, Bread		129

COST 6 $\frac{1}{2}$ d.-8 $\frac{1}{2}$ d.

## DINNER 34 (Page 51)

	Calories	Grammes
		Protein
		Fat
Roast Leg Lamb, Mint Sauce		32
Potatoes, Runner Beans	604	18
Orange and Custard		Carbo-
Bread		hydrate
Coffee		78
5 tbsp., Milk	84	Protein
Sugar, 2 lumps		2
		Fat
		3
		Carbo-
		hydrate
		13

COST 5 $\frac{1}{2}$ d.-7 $\frac{1}{2}$ d.

## TOTAL FOR THE DAY

COST 1s. 11d.-2s. 6 $\frac{1}{2}$ d.	CALORIES	2744	Grammes
			Protein
			Fat
			97
			119
			Carbo-
			hydrate
			325

Note. Bread and Potatoes may be taken in larger quantities and will give a correspondingly higher value for the day.

## SPECIMEN DAY'S MEALS, 2

## BREAKFAST 5 (Page 30)

	Calories	Grammes
		Protein
		Fat
Cereal, Cream, and Apple	862	15
Toast, Butter, and Marmalade		38
Milk or } $\frac{1}{2}$ pt. Milk	200	Carbo-
Coffee } $\frac{1}{2}$ pt. Milk		hydrate
		116
		Protein
		10
		Fat
		12
		Carbo-
		hydrate
		14

COST 5 $\frac{1}{2}$ d.-6 $\frac{1}{2}$ d.

## LUNCH 19 (Page 39)

	Calories	Grammes
Macaroni Cheese, Vita Weat		Protein 14
Butter	548	Fat 26
Strawberries		Carbo- hydrate 65
Orange Juice Drink, 6 oz.	72	Protein —
		Fat —
COST 5d.-6d.		Carbo- hydrate 18

## DINNER 32 (Page 50)

Veal Cutlet, Potato Croquettes		Protein 39
Spinach	739	Fat 20
Pears and Junket		Carbo- hydrate 102
Bread		Protein —
Lemon Juice, 2 oz., and Sugar $\frac{1}{2}$ oz. (add Water)	76	Fat —
		Carbo- hydrate 19
COST 10 $\frac{1}{2}$ d.-1s. 0 $\frac{1}{2}$ d.		

## TOTAL FOR THE DAY

COST 1s. 9d.-2s. 1 $\frac{1}{2}$ d.	CALORIES 2497	Protein 78
		Fat 96
		Carbo- hydrate 334

## SPECIMEN DAY'S MEALS, 3

## BREAKFAST 9 (Page 31)

	Calories	Grammes
Porridge		Protein 23
Egg	746	Fat 27
Toast, Butter, and Marmalade		Carbo- hydrate 104
Tea or Coffee		Protein 5
$\frac{1}{4}$ pt. Milk, 4 lumps sugar	167	Fat 6
		Carbo- hydrate 26
COST 3 $\frac{1}{2}$ d.-5 $\frac{1}{2}$ d.		

## LUNCH 17 (Page 39)

Fish Pie, Canadian Salad	572	Protein 22
Bread and Butter		Fat 22
		Carbo- hydrate 71
Coffee, 5 tbsp. Milk		Protein 2
2 lumps sugar	84	Fat 3
		Carbo- hydrate 13
COST 5d.-8d		

## DINNER 6 (Page 42)

	Calories	Grammes
Orange, Roast Beef, Yorkshire Pudding, Potatoes (roast)	1277	Protein 29 Fat 83
Brussels Sprouts		Carbo- hydrate 103
Apple Pie and Custard		Protein — Fat —
Lemon Juice, 2 oz., and Sugar $\frac{1}{2}$ oz. (add Water)	76	Carbo- hydrate 19

COST 8d.-1s. 1 $\frac{1}{2}$ d.

## TOTAL FOR THE DAY

COST 1s. 4 $\frac{1}{2}$ d.-2s. 2 $\frac{1}{2}$ d.	CALORIES 2922	Protein 81 Fat 141 Carbo- hydrate 336
--	---------------	--

SPECIMEN DAY'S MEALS: GOOD VALUE  
FOR SMALL COST, I

## BREAKFAST 2 (Page 29)

	Calories	Grammes
Toast and Dripping	970	Protein 17 Fat 59
Tea, 1 oz. milk $\frac{1}{2}$ oz. sugar	45	Carbo- hydrate 93 Protein 1 Fat 1 Carbo- hydrate 9

COST 1 $\frac{1}{2}$ d.-2d.

## DINNER 1 (Page 40)

Beef Stew, Dumplings, and Potatoes		Protein 43
Fruit		Fat 50
Water to drink	1423	Carbo- hydrate 200

COST 4d.-5d.

## SUPPER (Lunch 7, Page 36)

Cauliflower and Cheese Sauce		Protein 30
Bread and Butter		Fat 57
Orange	1014	Carbo- hydrate 95
Cocoa, $\frac{1}{2}$ tsp., 1 oz. milk, $\frac{1}{2}$ oz. sugar	59	Protein 2 Fat 2 Carbo- hydrate

COST 5d.-8d.

## TOTAL FOR THE DAY

COST 10½d.-1s. 3d.	CALORIES 3511	Protein 93
		Fat 169
		Carbo- hydrate 407

SPECIMEN DAY'S MEALS: GOOD VALUE  
FOR SMALL COST, 2

## BREAKFAST 20 (Page 34)

	Calories	Grammes
Fried Onions, Bacon, Bread	467	Protein 11
		Fat 27
		Carbo- hydrate 46
Tea, Milk 1 oz. Sugar $\frac{1}{4}$ oz.	45	Protein 1
		Fat 1
		Carbo- hydrate 9
COST 2½d.-2¾d.		

## DINNER 4 (Page 41)

Meat Pudding, Potatoes, Greens		Protein 51
Orange or other Fruit		Fat 66
Water to drink	1394	Carbo- hydrate 149
COST 5½d.-8½d.		

## SUPPER (LUNCH 2, Page 35)

Parsnip Rissole, Boiled Rice	914	Protein 20
Fruit Fool		Fat 42
		Carbo- hydrate 114
Cocoa $\frac{1}{2}$ tsp., 1 oz. Milk, $\frac{1}{4}$ oz. Sugar	59	Protein 2
		Fat 2
		Carbo- hydrate 10
COST 5d.-7½d.		

## TOTAL FOR THE DAY

COST 1s. 0½d.-1s. 6¾d.	CALORIES 2879	Protein 85
		Fat 138
		Carbo- hydrate 328

**SPECIMEN DAY'S MEALS: GOOD VALUE  
FOR SMALL COST, 3**

**BREAKFAST 14 (Page 32)**

	Calories	Grammes	
Bacon and Fried Bread	673	Protein	16
		Fat	34
		Carbo- hydrate	65
Tea, 1 oz. milk 1/4 oz. Sugar	45	Protein	1
		Fat	1
		Carbo- hydrate	9

COST 2d.-2½d.

**DINNER 5 (Page 41)**

Boiled Beef and Carrots	1295	Protein	51
Dumplings, Potatoes		Fat	61
Fruit		Carbo- hydrate	136
Water to drink			
COST 4½d.-6½d.			

**SUPPER (Fish Lunch 2, Page 54)**

Fresh Herring and Sauce	514	Protein	21
Bread and Butter		Fat	28
		Carbo- hydrate	45
Cocoa, ½ tsp., milk 1 oz.	59	Protein	2
Sugar ½ oz.		Fat	2
		Carbo- hydrate	10

COST 3½d.-4½d.

**TOTAL FOR THE DAY**

COST 10d.-1s. 1½d.	CALORIES 2586	Protein	91
		Fat	126
		Carbo- hydrate	265

## BREAKFASTS FOR ONE

The food value, quantity, and costing have been worked out for one person, but may easily be adapted for any number. However, generally speaking, for large numbers quantity and costing will be somewhat less per head.

Homely Measure	Edible Portion	Calories	Grammes
<b>BREAKFAST 1</b>			
3 Figs	2½ oz. Figs		
	1 Egg (boiled)		
Tin loaf (2 slices each ½ in. thick)	2½ oz. Bread (white)		
1 tsp.	½ oz. Butter	1036	Protein 26
Tin loaf (2 slices each ½ in. thick)	2½ oz. Toast		Fat 32
1 dsp.	1 oz. Marmalade		Carbo-
1 tsp.	½ oz. Butter		hydrate 160
<b>COST</b>			
		2½d.-4½d.	
<b>BREAKFAST 2</b>			
Tin loaf (4 slices each ½ in. thick)	5 oz. Toast		Protein 17
1 tbsp.	2 oz. Dripping	970	Fat 59
			Carbo-
			hydrate 93
<b>COST</b>			
		1d.-1½d.	
<b>BREAKFAST 3</b>			
1 tsp.	½ oz. Sugar		
3 tbsp.	3 oz. Stewed Apple		
1½ rashers (small)	1½ oz. Bacon—Back		
1 sausage	2 oz. Sausage	926	Protein 21
Tin loaf (2 slices each ½ in. thick)	2½ oz. Toast		Fat 54
1 dsp.	1 oz. Honey		Carbo-
			hydrate 89
<b>COST</b>			
		3½d.-4d.	

Homely Measure	Edible Portion	Calories	Grammes
<b>BREAKFAST 4</b>			
2 Bananas	6 oz. Banana		
2 tbsp.	1 oz. Cream		
4 tbsp.	1 oz. Force		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Toast	922	Protein 14 Fat 38 Carbo- hydrate 131
1 dsp.	1 oz. Butter		
1 dsp.	1 oz. Marmalade		
COST			
	6d. to 7 $\frac{1}{2}$ d.		
<b>BREAKFAST 5</b>			
1 $\frac{1}{2}$ cakes	1 $\frac{1}{2}$ oz. Shredded Wheat		
2 tbsp.	1 oz. Cream		
1 medium	4 oz. Apple (raw) or Berries in season	862	Protein 15 Fat 38 Carbo- hydrate 116
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Toast		
1 dsp.	1 oz. Butter		
1 dsp.	1 oz. Marmalade		
COST			
	5d.-6d.		
<b>BREAKFAST 6</b>			
5 prunes	2 oz. Prunes (stewed)		
2 rashers (small)	2 oz. Bacon (fried)		
	1 Egg (fried)		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Toast	839	Protein 23 Fat 44 Carbo- hydrate 88
COST			
	3 $\frac{1}{2}$ d.-6 $\frac{1}{2}$ d.		
<b>BREAKFAST 7</b>			
1 $\frac{1}{2}$ cakes	1 $\frac{1}{2}$ oz. Shredded Wheat		
6 tbsp.	3 oz. Milk		
1 rasher (small)	1 oz. Bacon (fried)		
1 tbsp.	1 oz. Tomatoes (fried)		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Toast	823	Protein 20 Fat 36 Carbo- hydrate 106
1 tsp.	$\frac{1}{2}$ oz. Butter		
1 dsp.	1 oz. Golden Syrup		
COST			
	3 $\frac{1}{2}$ d.-4 $\frac{1}{2}$ d.		

Homely Measure	Edible Portion	Calories	Grammes
<b>BREAKFAST 8</b>			
4 tbsp.	1 oz. Allenbury's Cereal		
$\frac{1}{2}$ Recipe 65	Apple and Orange Salad		
4 tbsp.	2 oz. Top of Milk	766	Protein 20
$\frac{1}{2}$ Pint	5 oz. { Coffee Milk		Fat 29
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Toast		Carbo- hydrate 106
1 tsp.	1 oz. Butter		
<b>COST</b>			
	4d.-4 $\frac{1}{2}$ d.		

Homely Measure	Edible Portion	Calories	Grammes
<b>BREAKFAST 9</b>			
$\frac{1}{2}$ Recipe 99	5 oz. Porridge		
	1 Egg (poached or boiled)		
Tin loaf (1 slice, $\frac{1}{2}$ in. thick)	1 $\frac{1}{2}$ oz. Toast	746	Protein 23
1 $\frac{1}{2}$ tsp.	$\frac{1}{4}$ oz. Butter		Fat 27
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Toast		Carbo- hydrate 104
1 dsp.	1 oz. Marmalade		
<b>COST</b>			
	2 $\frac{1}{2}$ d.-4 $\frac{1}{2}$ d.		

Homely Measure	Edible Portion	Calories	Grammes
<b>BREAKFAST 10</b>			
$\frac{1}{2}$ Recipe 64	Grape-fruit and Cherry Salad		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Toast	738	Protein 11
1 dsp.	1 oz. Butter		Fat 36
1 dsp.	1 oz. Marmalade		Carbo- hydrate 92
1 tbsp.	$\frac{1}{2}$ oz. Cream		
<b>COST</b>			
	4 $\frac{1}{2}$ d.-9d.		

Homely Measure	E.P.	Calories	Grammes
<b>BREAKFAST 11</b>			
6 tbsp.	1½ oz. Kellogg's Corn-flakes		
6 tbsp.	3 oz. Milk		
4 oz. fish	2 oz. Bloater or Kipper	725	Protein 36 Fat 26 Carbo-hydrate 88
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Toast		
1 tsp.	½ oz. Butter		
<b>COST</b>			
	3½d.-4½d.		
<b>BREAKFAST 12</b>			
2 pieces	3 oz. Pears tinned		
	1 tbsp. Bernax		
6 tbsp.	3 oz. Milk		
Size of 1 egg	1 Egg (scrambled)		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 oz. Tomato	706	Protein 23 Fat 36 Carbo-hydrate 73
1 dsp.	2½ oz. Toast		
	1 oz. Butter		
<b>COST</b>			
	4½d.-8½d.		
<b>BREAKFAST 13</b>			
3 slices of Recipe 27, each 4 in. $\times$ 2 in. $\times$ $\frac{1}{4}$ in.	3½ oz. Ham Roll		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Toast	680	Protein 29 Fat 34 Carbo-hydrate 65
1 tsp.	½ oz. Butter		
1 small	3 oz. Orange		
<b>COST</b>			
	5½d.-7½d.		
<b>BREAKFAST 14</b>			
1 small rasher	1 oz. Bacon (fried)		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Fried Bread		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Bread (white)	673	Protein 16 Fat 34 Carbo-hydrate 75
<b>COST</b>			
	1½d.-2d.		

Homely Measure	E.P.	Calories	Grammes
<b>BREAKFAST 15</b>			
½ Recipe 114 Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 dsp. ½ tsp.	Pineapple Toast 2½ oz. Toast (brown) 1 oz. Butter } ½ oz. Treacle }	628	Protein 11 Fat 26 Carbo- hydrate 88
<b>COST</b>			
		2½d.-3½d.	
<b>BREAKFAST 16</b>			
6 tbsp. 1 medium Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp. 1 dsp.	1 tbsp. Bemax 3 oz. Milk 4 oz. Apple (raw) 2½ oz. Toast ½ oz. Butter 1 oz. Marmalade	612	Protein 15 Fat 18 Carbo- hydrate 98
<b>COST</b>			
		3d.-3½d.	
<b>BREAKFAST 17</b>			
½ grape-fruit ½ lb. fish Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp. 1 dsp.	3 oz. Grape-fruit 4 oz. Plaice (fried) 2½ oz. Toast ½ oz. Butter 1 oz. Honey	565	Protein 27 Fat 16 Carbo- hydrate 79
<b>COST</b>			
		9½d.-1s. 1½d.	
<b>BREAKFAST 18</b>			
4 tbsp. ½ Recipe 55 1 tbsp. 3 pieces 1 tsp.	1 oz. Tribrek Apple and Date Salad ½ oz. Cream 1 oz. Vita Weat ½ oz. Butter	547	Protein 9 Fat 27 Carbo- hydrate 68
<b>COST</b>			
		4½d.-6d.	

Homely Measure	E.P.	Calories	Grammes
<b>BREAKFAST 19</b>			
1 small 4 oz. fish	3 oz. Orange 2 oz. Kipper or Bloater	547	Protein 30 Fat 22 Carbo- hydrate 57
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Toast		
1 tsp.	$\frac{1}{2}$ oz. Butter		
<b>COST</b>			
	2 $\frac{1}{2}$ d.-3 $\frac{1}{2}$ d.		
<b>BREAKFAST 20</b>			
1 medium 1 tsp.	3 oz. Onion (fried) 1 oz. Dripping	467	Protein 11 Fat 27
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		
1 small rasher	1 oz. Bacon		Carbo- hydrate 46
<b>COST</b>			
	1 $\frac{1}{2}$ d.-2 $\frac{1}{2}$ d.		
<b>BREAKFAST 21</b>			
1 rasher (small)	1 oz. Bacon (fried)		Protein 17
	1 Egg (fried)		Fat 25
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)	446	Carbo- hydrate 37
<b>COST</b>			
	2 $\frac{1}{2}$ d.-3 $\frac{1}{2}$ d.		
<b>BREAKFAST 22</b>			
4 oz. fish	2 oz. Bloater or Kipper		Protein 28
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)	403	Fat 16
1 tsp.	$\frac{1}{2}$ oz. Butter		Carbo- hydrate 37
<b>COST</b>			
	2d.-2 $\frac{1}{2}$ d.		
<b>BREAKFAST 23</b>			
6 oz. fish	3 oz. Smoked Haddock		Protein 26
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (Hovis)	347	Fat 13
1 tsp.	$\frac{1}{2}$ oz. Butter		Carbo- hydrate 30
<b>COST</b>			
	2 $\frac{1}{2}$ d.-6d.		

## LUNCHES FOR ONE

Here again, though the meals are worked out for one person, they are equally suitable for large numbers.

Homely Measure	Edible Portion	Calories	Grammes
<b>LUNCH 1</b>			
$\frac{1}{2}$ Recipe 45	Leeks and Sauce		
$\frac{1}{2}$ Recipe 89	Mixed Fruit		
	Pudding		
4 tbsp.	2 oz. Orange Juice (add water)	1476	Protein 36 Fat 70 Carbo- hydrate 176
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		
1 tsp.	$\frac{1}{2}$ oz. Butter		
<b>COST</b>			
		4 $\frac{1}{2}$ d.-6 $\frac{1}{4}$ d.	
<b>LUNCH 2</b>			
$\frac{1}{2}$ Recipe 48	6 oz. Parsnip Rissoles		
$\frac{1}{2}$ Recipe 100	Boiled Rice	1171	Protein 32 Fat 56 Carbo- hydrate 137
$\frac{1}{2}$ Recipe 85	Damson Fool, Currant, Pineapple, or Blackberry Fool		
	$\frac{1}{2}$ oz. { Ovaltine		
	10 oz. { Milk		
<b>COST</b>			
		6 $\frac{1}{2}$ d.-9d.	
<b>LUNCH 3</b>			
$\frac{1}{2}$ Recipe 29	Kidney (grilled) and Potato Chips		
$\frac{1}{2}$ Recipe 90	Raspberry Fruit Whip	1324	Protein 31 Fat 76 Carbo- hydrate 129
2 tbsp.	1 oz. { Lemon Juice (add Water)		
1 dsp.	$\frac{1}{2}$ oz. { Sugar		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		
<b>COST</b>			
		6 $\frac{1}{2}$ d.-8 $\frac{1}{4}$ d.	

Homely Measure	E.P.	Calories	Grammes
<b>LUNCH 4</b>			
3 tbsp. Tin loaf (1 slice ½ in. thick) ½ Recipe 71	2½ oz. Baked Beans 1½ oz. Toast Apple Dumpling 4 oz. { Coffee Milk	1267	Protein 27 Fat 55 Carbo- hydrate 166
<b>COST</b>			
	4½d.-6d.		
<b>LUNCH 5</b>			
Tin loaf (4 slices each ½ in. thick) 1 dsp. 1 large 1 large ½ pt.	5 oz. Bread (white) 1 oz. Butter 3 oz. Sausage (pork: cold or hot) 4 oz. Tomato (cold or hot) ½ pt. Beer	1149	Protein 25 Fat 64 Carbo- hydrate 80
<b>COST</b>			
	7½d.-1s. 1½d.		
<b>LUNCH 6</b>			
½ Recipe 60 ½ Recipe 95 ½ Recipe 15 Tin loaf (2 slices each ½ in. thick) 1 tsp.	Celery and Nut Salad Marmalade Pudding Marmalade Sauce 2½ oz. Bread (white) ½ oz. Butter	1034	Protein 17 Fat 57 Carbo- hydrate 114
<b>COST</b>			
	3½d.-5½d.		
<b>LUNCH 7</b>			
½ Recipe 45 Tin loaf (3 slices each ½ in. thick) 1 dsp. 1 large	Cauliflower and Cheese Sauce 3½ oz. Bread (white) 1 oz. Butter 5 oz. Orange	1014	Protein 30 Fat 57 Carbo- hydrate 95
<b>COST</b>			
	4½d.-7½d.		

Homely Measure	E.P.	Calories	Grammes			
<b>LUNCH 8</b>						
Tin loaf (4 slices each $\frac{1}{2}$ in. thick)	5 oz. Bread (white)					
1 dsp.	1 oz. Butter	1157	Protein 38			
1 portion 1 in. $\times$ 1 in. $\times$ 3 in.	3 oz. Cheddar Cheese		Fat 57			
1 medium	2 oz. Onion (raw)		Carbo-			
$\frac{1}{2}$ pint	$\frac{1}{2}$ pt. Beer		hydrate 84			
<b>COST</b>						
	6d.-10 $\frac{1}{2}$ d.					
Note. In lunches 5 and 8 beer calories are included (see Pages 18 and 20, <i>Alcohol</i> ).						
<b>LUNCH 9</b>						
$\frac{1}{2}$ Recipe 30	Meat Patties					
1 medium	2 oz. Onion		Protein 29			
	6 oz. Plums, Apples, Strawberries, or Pears	1014	Fat 54			
8 tbsp.	4 oz. { Cocoa ( $\frac{1}{2}$ tsp.) Milk (add Water)		Carbo-			
			hydrate 102			
<b>COST</b>						
	5 $\frac{1}{2}$ d.-8 $\frac{1}{4}$ d.					
<b>LUNCH 10</b>						
$\frac{1}{2}$ Recipe 62	Egg Mayonnaise					
$\frac{1}{2}$ Recipe 79	Castle Pudding					
1 tbsp. Recipe 14	$\frac{1}{2}$ oz. Jam Sauce		Protein 21			
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)	890	Fat 58			
1 tsp.	$\frac{1}{2}$ oz. Butter		Carbo-			
			hydrate 72			
<b>COST</b>						
	4d.-7 $\frac{1}{2}$ d.					
<b>LUNCH 11</b>						
$\frac{1}{2}$ Recipe 113	Nut Cutlets					
3 pieces	1 oz. Vita Weat	854	Protein 15			
$\frac{1}{2}$ Recipe 70	Apple Amber		Fat 53			
1 tsp.	$\frac{1}{2}$ oz. Butter		Carbo-			
			hydrate 80			
<b>COST</b>						
	4 $\frac{1}{2}$ d.-5 $\frac{1}{2}$ d.					

Homely Measure	E.P.	Calories	Grammes	
<b>LUNCH 12</b>				
½ Recipe 110 3 pieces 1 tsp. ½ Recipe 91 ½ Recipe 83	1 oz. ½ oz. ½ oz.	Cheese Pudding Vita weat Butter Gooseberry Pie Custard (boiled)	816	Protein 19 Fat 47 Carbo- hydrate 80
<b>COST</b>				
		4½d.-5½d.		
<b>LUNCH 13</b>				
½ Recipe 50 3½ tbsp. ½ Recipe 78	3½ oz.	Stuffed Onions Potatoes (boiled) Bread and But- ter Pudding	801	Protein 29 Fat 28 Carbo- hydrate 108
<b>COST</b>				
		3½d.-4½d.		
<b>LUNCH 14</b>				
½ Recipe 46 3 tbsp. ½ Recipe 77 3 pieces 1 tsp.	3 oz. 1 oz. ½ oz.	Cheese and Potato Balls Cauliflower Bonita Pudding and Cream Vita Weat Butter	753	Protein 18 Fat 31 Carbo- hydrate 99
<b>COST</b>				
		4d.-5½d.		
<b>LUNCH 15</b>				
½ Recipe 68 ½ Recipe 103 1 dsp. (1 oz.) Tin loaf (2 slices each ½ in. thick) 1 tsp.	2½ oz. ½ oz.	Vitamin Salad Suet Pudding Golden Syrup Bread (whole- meal) Butter	717	Protein 14 Fat 31 Carbo- hydrate 96
<b>COST</b>				
		2½d.-4½d.		

Homely Measure	E.P.	Calories	Grammes
<b>LUNCH 16</b>			
5 oz. fish Recipe 17A $\frac{1}{2}$ Recipe 47  $\frac{1}{2}$ Recipe 66 Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp.	$2\frac{1}{2}$ oz. Whiting (steamed) 2 tbsp. White Sauce $3\frac{1}{2}$ oz. Potatoes (creamed) Orange Salad $2\frac{1}{2}$ oz. Bread (white) $\frac{1}{2}$ oz. Butter	708	Protein 20 Fat 26  Carbo-hydrate 100
<b>COST</b>			
	7d.-10d.		
<b>LUNCH 17</b>			
$\frac{1}{2}$ Recipe 19 $\frac{1}{2}$ Recipe 57 Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp.	Fish Pie Canadian Salad $2\frac{1}{2}$ oz. Bread (whole-meal) $\frac{1}{2}$ oz. Butter	572	Protein 22 Fat 22 Carbo-hydrate 71
<b>COST</b>			
	4 $\frac{1}{2}$ d.-7 $\frac{1}{2}$ d.		
<b>LUNCH 18</b>			
$\frac{1}{2}$ Recipe 61 3 pieces 1 tsp. $\frac{1}{2}$ Recipe 80	1 oz. Cheese Salad Vita Weat $\frac{1}{2}$ oz. Butter Chocolate Blanc-mange	560	Protein 15 Fat 33 Carbo-hydrate 51
<b>COST</b>			
	3 $\frac{1}{2}$ d.-5 $\frac{1}{2}$ d.		
<b>LUNCH 19</b>			
$\frac{1}{2}$ Recipe 112 3 pieces 1 tsp.	1 oz. Macaroni Cheese Vita Weat $\frac{1}{2}$ oz. Butter 4 oz. Strawberries, Raspberries, Damsons, Plums, or Pineapple	548	Protein 14 Fat 26 Carbo-hydrate 65
<b>COST</b>			
	3 $\frac{1}{4}$ d.-4 $\frac{1}{2}$ d.		

## DINNERS FOR ONE

These dinners also are worked out for one person and an average helping is suggested. They may be used equally well for the family for a midday or evening meal, or for large numbers.

The helpings of vegetables in some look large but are acceptable to the heavy worker and contain the extra carbohydrate that is necessary.

Homely Measure	Edible Portion	Calories	Grammes
<b>DINNER 1</b>			
½ Recipe 23	Beef Flank (stewed) and Dumplings		
7 tbsp.	Potatoes (boiled)	1423	Protein 43
2½ slices pine- apple	6 oz. Pineapple (tinned)—or Orange, Cur- rants, Pear, or Raspberries		Fat 50 Carbo- hydrate 200
<b>COST</b>			
	4d.-5d.		

<b>DINNER 2</b>			
3 slices each, 4 in. × 2 in. × ½ in.	6½ oz. Roast Brisket Beef		
7 tbsp.	7 oz. Potatoes (boiled)		Protein 51
9 tbsp.	9 oz. Brussels Sprouts, or Cauliflower, Turnip Tops, or Savoy	1421	Fat 79 Carbo- hydrate 128
½ Recipe 104	Suet Pudding (baked)		
	3 oz. Banana or Grapes		
<b>COST</b>			
	6½d.-8½d.		

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 3</b>			
$\frac{1}{2}$ Recipe 20	Brisket of Beef (boiled) and Carrots		
7 tbsp. $\frac{1}{2}$ Recipe 104	7 oz. Potatoes Suet Pudding (baked)	1420	Protein 48 Fat 79 Carbo- hydrate 129
	4 oz. Orange, Raspberries, Damsons, Pears, Gooseberries, or Pineapple		
<b>COST</b>			
	5½d.-7d.		
<b>DINNER 4</b>			
$\frac{1}{2}$ Recipe 31	Meat Pudding		
7 tbsp.	7 oz. Potatoes (boiled)		
9 tbsp.	9 oz. Greens or Cabbage, Savoy, Turnip Tops, or Cauliflower	1394	Protein 51 Fat 66 Carbo- hydrate 149
	4 oz. Orange, Raspberries, Damsons, or Pineapple		
<b>COST</b>			
	5½d.-8½d.		
<b>DINNER 5</b>			
$\frac{1}{2}$ Recipe 21	Salt Beef Flank (boiled) and Dumpling		
7 tbsp.	7 oz. Potatoes (boiled)	1295	Protein 51 Fat 61 Carbo- hydrate 136
	3 oz. Banana or Grapes		
<b>COST</b>			
	4½d.-6½d.		

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 6</b>			
1 medium 3 slices each 4 in. × 2 in. × $\frac{1}{2}$ in. $\frac{1}{2}$ Recipe 108	3 oz. 3 oz.	Orange Beef Sirloin (roast) Yorkshire Pudding	Protein 29 Fat 83 Carbo-hydrate 103
3 tbsp.	3 oz.	Potatoes (roasted round meat)	1277
3 tbsp.	3 oz.	Brussels Sprouts or Greens	
$\frac{1}{2}$ Recipe 91 $\frac{1}{2}$ Recipe 83		Apple Pie Custard (boiled)	
<b>COST</b>			
		6½d.-1s.	
<b>DINNER 7</b>			
$\frac{1}{2}$ Recipe 28	4 oz.	Irish Stew and Dumplings Cherries, Apples, Greengages, or Grapes	1264
			Protein 44 Fat 56 Carbo-hydrate 146
<b>COST</b>			
		4½d.-9d.	
<b>DINNER 8</b>			
$\frac{1}{2}$ Recipe 32 7 tbsp.	7 oz. 2 oz. 4 oz.	Haricot Mutton Potatoes (boiled) Peanuts Apple (raw) or any Berries in season, or Greengages	1206
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz.	Bread (white)	Protein 55 Fat 56 Carbo-hydrate 122
<b>COST</b>			
		4½d.-7½d.	

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 9</b>			
½ Recipe 36	Breast Salt Pork (boiled) and Parsnips		Protein 46 Fat 59
½ Recipe 36 8 tbsp.	Pease Pudding 1160 Potatoes (mashed)		Carbo- hydrate 112
	4 oz. Apple, or any Berries in season, or Greengages		
	<b>COST</b>		
	6½d.-9d.		
<b>DINNER 10</b>			
½ Recipe 35	3 oz. Pig's Fry (fried) 1 oz. Bacon 7 oz. Chip Potatoes 4 oz. Plums, Apples, Strawberries, or Blackberries 3 oz. Bread (white)	1142	Protein 28 Fat 66 Carbo- hydrate 108
Tin loaf (2½ slices each ½ in. thick)			
	<b>COST</b>		
	4½d.-5¾d.		
<b>DINNER 11</b>			
2 chops	6 oz. Mutton (roasted best end of neck)		Protein 47
3 medium	7 oz. Potatoes (roast) 1132		Fat 60
3 medium	6 oz. Onions		Carbo- hydrate 101
½ Recipe 109	Yorkshire Pud- ding		
	4 oz. Apple (raw), or any Berries in season or Green- gages		
	<b>COST</b>		
	5d.-10½d.		

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 12</b>			
½ Recipe 40	Steak and Kidney Pudding		
4 tbsp.	Potatoes		
4 tbsp.	4 oz. Cauliflower (or Greens in Season)	1111	Protein 39 Fat 54 Carbo-hydrate 118
7 prunes	3 oz. Prunes (stewed)		
2 tbsp.	1 oz. Milk		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Bread (white)		
<b>COST</b>			
	6d.-7½d.		
<b>DINNER 13</b>			
3 slices each 4 in. $\times$ 2 in. $\times$ $\frac{1}{2}$ in.	6 oz. Pork (roast breast)		
3 medium	7 oz. Potatoes (roasted round meat)	1096	
9 tbsp.	9 oz. Cabbage, Cauliflower, Brussels Sprouts, or Savoy		Protein 40 Fat 56 Carbo-hydrate 108
Tin loaf (2½ slices each $\frac{1}{2}$ in. thick)	3 oz. Bread (White)		
	4 oz. Apple (raw), or Greengages, or any of the Berries in season		
<b>COST</b>			
	6½d.-9d.		
<b>DINNER 14</b>			
½ Recipe 26	Curry and Rice		
3 heaped tbsp.	3½ oz. Potato Chips	1072	Protein 18 Fat 67
1 dsp.	3 oz. Banana		Carbo-hydrate 101
	½ oz. Sugar		
<b>COST</b>			
	4½d.-5½d.		

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 15</b>			
$\frac{1}{2}$ Recipe 22 4 tbsp. $\frac{1}{2}$ Recipe 72 Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	4 oz. Stew (Beef) Potatoes (boiled) Apple Pudding 2 $\frac{1}{2}$ oz. Bread (white)	1039	Protein 47 Fat 33 Carbo-hydrate 139
<b>COST</b>			
	4 $\frac{1}{2}$ d.-6 $\frac{1}{4}$ d.		
<b>DINNER 16</b>			
$\frac{1}{2}$ Recipe 34 7 tbsp.	Pig's Fry (baked) and Suet Crust 7 oz. Potatoes (boiled) 4 oz. Apple, or Green-gages, or any of the Berries in season	1061	Protein 30 Fat 48 Carbo-hydrate 127
	<b>COST</b>		
	4 $\frac{1}{2}$ d.-6d.		
<b>DINNER 17</b>			
3 tbsp. fish 2 small 4 tbsp. $\frac{1}{2}$ Recipe 106 Tin loaf (3 slices each $\frac{1}{2}$ in. thick)	3 oz. Skate (boiled or steamed—no bone) 3 oz. Onions (boiled) 4 oz. Potatoes (boiled) 3 $\frac{3}{4}$ oz. Bread (white)	1002	Protein 43 Fat 26 Carbo-hydrate 150
	<b>COST</b>		
	6 $\frac{1}{2}$ d.		
<b>DINNER 18</b>			
3 slices each 4 in. $\times$ 2 in. $\times$ $\frac{1}{4}$ in. 5 tbsp. 4 tbsp. 1 large apple Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	3 oz. Bacon (steamed) 5 oz. Potatoes 4 oz. Cabbage or Greens in season 5 oz. Apple (raw) or any Berries in season 2 $\frac{1}{2}$ oz. Bread (White)	998	Protein 32 Fat 59 Carbo-hydrate 85
	<b>COST</b>		
	3d.-6 $\frac{1}{2}$ d.		

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 19</b>			
1 tbsp. of Recipe 11 3½ tbsp. 3 tbsp. 2 slices ½ Recipe 84 Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	3 oz. Duck (roast) 1 oz. Apple Sauce 3½ oz. Potatoes (boiled) 3 oz. Green Peas 4 oz. Pineapple Custard (baked) 2½ oz. Bread (white)	985	Protein 43 Fat 31 Carbo-hydrate 133
<b>COST</b>			
	8½d.-1s. 0½d.		
<b>DINNER 20</b>			
1 medium 2 small 1 tsp. 3 heaped tbsp. 3 tbsp. ½ Recipe 91 1 dsp. Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	3 oz. Orange 3½ oz. Lamb Cutlets ½ oz. Red Current Jelly 3½ oz. Potato Chips 3 oz. Turnip Tops or Greens Raspberry Pie ½ oz. Cream 2½ oz. Bread (white)	977	Protein 34 Fat 42 Carbo-hydrate 116
<b>COST</b>			
	7½d.-1s. 1½d.		
<b>DINNER 21</b>			
½ grape-fruit 2 tbsp. of Recipe 12 3½ tbsp. 3 tbsp. ½ Recipe 75 Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	3 oz. Grape-fruit 3 oz. Chicken (roast) Bread Sauce 3½ oz. Potatoes (boiled) 3 oz. Green Peas or Broccoli Banana Fritters 2½ oz. Bread (white)	951	Protein 47 Fat 22 Carbo-hydrate 141
<b>COST</b>			
	9d.-1s. 2½d.		

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 22</b>			
$\frac{1}{2}$ Recipe 39 4 tbsp.	4 oz. Shepherds Pie Runner Beans, Celery, Spinach, or Seakale	949	Protein 30 Fat 33 Carbo- hydrate 132
$\frac{1}{2}$ Recipe 101	4 oz. Plums Rice Pudding (whole or ground rice)		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		
<b>COST</b>			
	$6\frac{1}{4}$ d.- $9\frac{3}{4}$ d.		
<b>DINNER 23</b>			
2 sausages	4 oz. Sausages (pork— fried or grilled)		Protein 27
5 tbsp. 4 tbsp.	5 oz. Potatoes (mashed) 4 oz. Tomatoes (fried or grilled)	914	Fat 52 Carbo- hydrate 86
$\frac{1}{2}$ Recipe 98 Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Sliced Orange Bread (white)		
<b>COST</b>			
	$5\frac{1}{4}$ d.- $8\frac{1}{2}$ d.		
<b>DINNER 24</b>			
$\frac{1}{2}$ Recipe 115 7 tbsp. 9 tbsp.	7 oz. Toad-in-the-Hole 9 oz. Potatoes (boiled) Cabbage, Savoy, Brussels, Tur- nip Tops, or Cauliflower	910	Protein 41 Fat 32 Carbo- hydrate 114
	4 oz. Orange, Pears, Raspberries, Damsons, Gooseberries, or Pineapple		
<b>COST</b>			
	$4\frac{3}{4}$ d.-6d.		

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 25</b>			
$\frac{1}{2}$ Recipe 38	Jugged Rabbit, Forcemeat Balls, and Potatoes (boiled) 4 oz. Apple (raw) or Greengages, or any Berries in season	875	Protein 31 Fat 40 Carbo- hydrate 100

**COST**

5d.-7½d.

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 26</b>			
$\frac{1}{2}$ Recipe 33 3 tbsp.	3 oz. Mutton Pie Turnip Tops, Brussels, Savoy Cabbage, or Cauliflower	831	Protein 27 Fat 42 Carbo- hydrate 86
$\frac{1}{2}$ Recipe 76	Banana Jelly		

**COST**

6½d.-7½d.

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 27</b>			
3 slices each 4 in. $\times$ 2 in. $\times$ $\frac{1}{4}$ in. 3½ tbsp.	3 oz. Lamb (roast shoulder) 3½ oz. Potatoes (boiled) Tomatoes (stuffed)	821	Protein 28 Fat 40 Carbo- hydrate 88
$\frac{1}{2}$ Recipe 52 $\frac{1}{2}$ of 2 lb. melon 1 dsp.	5 oz. Melon $\frac{1}{2}$ oz. Sugar		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Bread (white)		

**COST**

5½d.-8½d.

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 28</b>			
3 slices each 4 in. × 2 in. × $\frac{1}{4}$ in.	3 oz. Pork (roast leg)		
3½ tbsp.	3½ oz. Potatoes (boiled)		
3½ tbsp.	3½ oz. Cabbage, Cauli- flower, Brussels Sprouts, or Savoy	790	Protein 25 Fat 34 Carbo- hydrate 96
2 tbsp. of Recipe 11	Apple Sauce		
½ Recipe 63	Fruit Salad		
1 tbsp.	½ oz. Cream		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Bread (white)		
<b>COST</b>			
	5½d.-7½d.		

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 29</b>			
1 small rasher	3 oz. Liver (fried)		
	1 oz. Bacon—Back (fried)		
5 tbsp.	5 oz. Potatoes		
4 tbsp.	4 oz. Savoy, Cabbage, or Turnip Tops	769	Protein 35 Fat 30 Carbo- hydrate 88
3 whole	3 oz. Apricots		
½ Recipe 83	Custard (boiled)		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Bread (white)		
<b>COST</b>			
	5½d.-9½d.		

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 30</b>			
1 trotter	4 oz. Pig's Trotter (boiled)		
	6 oz. Potato (baked)		
1 large	1 oz. Butter		
1 dsp.	4 oz. Turnip Tops, Cabbage, Greens, or Savoy	767	Protein 26 Fat 41 Carbo- hydrate 74
4 tbsp.			
1½ slices	3 oz. Pineapple Custard (boiled)		
½ Recipe 83			
<b>COST</b>			
	6½d.-8½d.		

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 31</b>			
½ grape-fruit	3 oz. Grape-fruit		
1 piece 4 x 2 x ¾ in.	3 oz. Rump Steak		
1 tbsp.	1 oz. Mushrooms	753	Protein 34
3½ tbsp.	3½ oz. Potatoes (boiled or riced)		Fat 25
3 tbsp.	3 oz. Carrots (mashed)		Carbo- hydrate 98
½ Recipe 92	Gooseberry Fool		
Tin loaf (2 slices each ½ in. thick)	2½ oz. Bread (white)		
<b>COST</b>			
	8d.-1s. 0½d.		
<b>DINNER 32</b>			
1 piece 4 in. x 2 in. x ¾ in.	3 oz. Veal Cutlet (grilled or fried)		Protein 39
½ Recipe 49	3 oz. Potato Croquettes		Fat 20
3 tbsp.	3 oz. Spinach, Run- ner Beans, Celery, or Sea-kale	739	Carbo- hydrate 102
2 pieces	3 oz. Pear		
½ Recipe 93	3 oz. Junket		
Tin loaf (2 slices each ½ in. thick)	2½ oz. Bread (white)		
<b>COST</b>			
	9½d.-11½d.		
<b>DINNER 33</b>			
½ grape-fruit	3 oz. Grape-fruit		
½ Recipe 37	3 oz. Rabbit Casserole or Stew		
3½ tbsp.	3½ oz. Potatoes (boiled)		Protein 26
3 tbsp.	3 oz. Cauliflower, Brussels Sprouts Cabbage, Savoy, or Turnip Tops	686	Fat 20
½ Recipe 74	2½ oz. Banana, Cream, and Sugar		Carbo- hydrate 100
Tin loaf (2 slices each ½ in. thick)	2½ oz. Bread (white)		
<b>COST</b>			
	7½d.-1s. 0½d.		

Homely Measure	E.P.	Calories	Grammes
<b>DINNER 34</b>			
3 slices each 4 in. × 2 in. × $\frac{1}{4}$ in.	3 oz. Lamb (roast leg)		
1 tbsp. of Recipe 16	$\frac{1}{2}$ oz. Mint Sauce		
3 $\frac{1}{2}$ tbsp.	3 $\frac{1}{2}$ oz. Potatoes (boiled)		Protein 32
3 tbsp.	3 oz. Runner Beans, Celery, Spin- ach, or Sea- kale	578	Fat 18
$\frac{1}{2}$ Recipe 98	Sliced Orange		Carbo- hydrate 71
$\frac{1}{2}$ Recipe 83	Custard (boiled)		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (Hovis)		
<b>COST</b>			
		5 $\frac{1}{2}$ d.-7 $\frac{1}{2}$ d.	
<b>35. CHRISTMAS DINNER</b>			
3 slices each 4 in. × 2 in. × $\frac{1}{4}$ in.	3 oz. Turkey		
1 tbsp. of Recipe 111	1 oz. Chestnut Stuffing		
2 slices each 4 in. × 2 in. × $\frac{1}{4}$ in.	2 oz. Ham		
2 tbsp. of Recipe 13	1 oz. Cranberry Sauce	1183	Protein 46
3 tbsp.	3 oz. Potatoes		Fat 60
2 tbsp.	2 oz. Brussels Sprouts		Carbo- hydrate 116
$\frac{1}{2}$ Recipe 82	Christmas Pudding		
2 tbsp. of Recipe 17(f)	1 oz. Sweet Sauce		
1 pie, Recipe 97	Mince Pie		
Tin loaf (1 slice $\frac{1}{2}$ in. thick)	1 $\frac{1}{2}$ oz. Bread (white)		
<b>COST</b>			
		9 $\frac{1}{2}$ d.-1s. 3 $\frac{1}{2}$ d. per person	

As will be seen, the Christmas dinner, taken in the same proportion as an everyday meal, is well balanced, and costs only slightly more than a normal meal. The custom of making the Christmas dinner a feast is responsible for its high cost and the subsequent uncomfortable feelings.

A feast or a banquet, occasionally, adds to the joy and pleasure of life, so must not be condemned; for when one is happy and eating pleasantly flavoured dishes, the gastric juices flow more freely, and so make it possible to digest more food.

## LIGHT MEALS FOR ONE

The following light meals have been included and are useful as such, but may be increased in value by additions from the whole recipes in Pages 60-64.

Here again each meal has been calculated for one person.

Homely Measure	Edible Portion	Calories	Grammes
<b>EASILY DIGESTED MEAL 1</b>			
½ Recipe 25	Chicken Soufflé		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Bread (white)		Protein 40
1 tsp.	½ oz. Butter	741	Fat 34
16 tbsp.	8 oz. Orange Juice		Carbo- hydrate 69
1 tsp.	½ oz. Sugar		
<b>COST</b>			
10d.-1s. 3d.			

Homely Measure	Edible Portion	Calories	Grammes
<b>EASILY DIGESTED MEAL 2</b>			
½ Recipe 43	Veal Fricassée		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2½ oz. Bread (white)		Protein 27
1 tsp.	½ oz. Butter	599	Fat 24
16 tbsp.	8 oz. Orange Juice		Carbo- hydrate 69
<b>COST</b>			
8d.-10d.			

Homely Measure	Edible Portion	Calories	Grammes
<b>EASILY DIGESTED MEAL 3</b>			
½ Recipe 41	Sweetbread and White Sauce		
2 tbsp.	2 oz. Green Peas	395	Protein 30
2 tbsp.	2 oz. Potatoes (mashed)		Fat 14
2 tbsp.	1 oz. Lemon		Carbo- hydrate 37
1 tsp.	½ oz. Sugar		
<b>COST</b>			
6½d.-11½d.			

Homely Measure	E.P.	Calories	Grammes
<b>EASILY DIGESTED MEAL 4</b>			
½ Recipe 18 2 tbsp.	3 oz. Stewed Eels 2 oz. Potatoes (creamed)	491	Protein 22 Fat 20 Carbo- hydrate 55
½ Recipe 73	Apple Frost		
	<b>COST</b>		
	4d.-6½d.		
<b>EASILY DIGESTED MEAL 5</b>			
Recipe 87	Egg Whip	315	Protein 12 Fat 12 Carbo- hydrate 40
	<b>COST</b>		
	3½d.-5½d.		
<b>EASILY DIGESTED MEAL 6</b>			
½ Recipe 42 2 tbsp.	4 oz. Tripe 3 oz. Onions 2 oz. Potatoes (creamed)	286	Protein 18 Fat 11 Carbo- hydrate 29
	<b>COST</b>		
	2½d.-3½d.		
<b>EASILY DIGESTED MEAL 7</b>			
Recipe 86	Egg Shake	258	Protein 8 Fat 16 Carbo- hydrate 21
	<b>COST</b>		
	4d.-5½d.		
<b>FISH LUNCH 1</b>			
3 tbsp. ½ Recipe 17(a) Tin loaf (2 slices each ½ in. thick) 1 tsp.	3 oz. Salmon—Fresh (cutlet without bone, steamed) White Sauce 2½ oz. Bread (white) ½ oz. Butter	544	Protein 21 Fat 31 Carbo- hydrate 45
	<b>COST</b>		
	1s. od.-1s. 3½d.		

Homely Measure	E.P.	Calories	Grammes
<b>FISH LUNCH 2</b>			
6 oz. fish	3 oz. Herring—Fresh (steamed)		Protein 21
$\frac{1}{2}$ Recipe 17(a)	White Sauce	514	Fat 28
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		Carbo- hydrate 45
1 tsp.	$\frac{1}{2}$ oz. Butter		
	<b>COST</b>		
	3d.-4d.		
<b>FISH LUNCH 3</b>			
6 oz. fish	3 oz. Mackerel (steamed)		Protein 18
$\frac{1}{2}$ Recipe 17(a)	White Sauce		Fat 26
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)	482	Carbo- hydrate 45
1 tsp.	$\frac{1}{2}$ oz. Butter		
	<b>COST</b>		
	3d.-4d.		
<b>FISH LUNCH 4</b>			
3 tbsp.	3 oz. Cod Cutlet (with- out bone, steamed)		Protein 21
$\frac{1}{2}$ Recipe 17(a)	White Sauce		Fat 21
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		Carbo- hydrate 45
1 tsp.	$\frac{1}{2}$ oz. Butter	447	
	<b>COST</b>		
	4 $\frac{1}{2}$ d.-6d.		
<b>FISH LUNCH 5</b>			
3 tbsp.	3 oz. Hake Cutlet (without bone, steamed)		Protein 19
$\frac{1}{2}$ Recipe 17(a)	White Sauce		Fat 21
Tin loaf (2 slices each $\frac{1}{2}$ in. thick	2 $\frac{1}{2}$ oz. Bread (white)	443	Carbo- hydrate 45
1 tsp.	$\frac{1}{2}$ oz. Butter		
	<b>COST</b>		
	6 $\frac{1}{2}$ d.-7 $\frac{1}{2}$ d.		

Homely Measure	E.P.	Calories	Grammes
<b>FISH LUNCH 6</b>			
6 oz. fish	3 oz. Haddock—Fresh (steamed)		
$\frac{1}{2}$ Recipe 17(a)	White Sauce	440	Protein 19 Fat 21
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		Carbo- hydrate 45
1 tsp.	$\frac{1}{2}$ oz. Butter		
<b>COST</b>			
	3 $\frac{1}{2}$ d.—4 $\frac{1}{2}$ d.		
<b>FISH LUNCH 7</b>			
6 oz. fish	3 oz. Steamed Sole		
$\frac{1}{2}$ Recipe 17(a)	White Sauce		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)	439	Protein 18 Fat 21
1 tsp.	$\frac{1}{2}$ oz. Butter		Carbo- hydrate 45
<b>COST</b>			
	6d.—1s. 0 $\frac{1}{2}$ d.		
<b>SALAD 1</b>			
2 sections	1 $\frac{1}{2}$ oz. Cream Cheese		
$\frac{1}{2}$ Recipe 56	Autumn Salad		
Tin loaf (3 slices each $\frac{1}{2}$ in. thick)	3 $\frac{1}{2}$ oz. Bread (wholemeal)	816	Protein 24 Fat 43
1 tsp.	$\frac{1}{2}$ oz. Butter		Carbo- hydrate 82
8 tbsp.	4 oz. Orange } Juice } (add Drink } Water) 1 $\frac{1}{2}$ tsp. Sugar }		
<b>COST</b>			
	4 $\frac{1}{2}$ d.—7 $\frac{1}{2}$ d.		
<b>SALAD 2</b>			
1 portion 1 in. $\times$ 1 in. $\times$ 2 in.	2 oz. Cheese (Cheddar)		
$\frac{1}{2}$ Recipe 69	Winter Salad		
2 tbsp.	1 oz. Lemon } (add Juice } Water) $\frac{1}{2}$ oz. Sugar }		
1 dsp.	2 $\frac{1}{2}$ oz. Bread (white)	742	Protein 25 Fat 42
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	$\frac{1}{2}$ oz. Butter		Carbo- hydrate 66
1 tsp.			
<b>COST</b>			
	3 $\frac{1}{2}$ d.—4 $\frac{1}{2}$ d.		

Homely Measure	E.P.	Calories	Grammes
<b>SALAD 3</b>			
2 fish	2 oz. Sardines		
Tin loaf (3 slices each $\frac{1}{2}$ in. thick)	3 $\frac{1}{2}$ oz. Bread (wholemeal)	710	Protein 25 Fat 34 Carbo- hydrate 77
1 tsp.	$\frac{1}{2}$ oz. Butter		
$\frac{1}{2}$ Recipe 53	A, B, and C Salad		
2 tbsp.	1 oz. Lemon Juice	{ (add Water)	
1 dsp.	$\frac{1}{2}$ oz. Sugar		
<b>COST</b>			
		5 $\frac{1}{2}$ d.-9 $\frac{1}{2}$ d.	
<b>SALAD 4</b>			
2 slices each 4 in. $\times$ 2 in. $\times$ $\frac{1}{4}$ in.	2 oz. Cold Salt Beef		
$\frac{1}{2}$ Recipe 58	Cabbage and Car- rot Salad	538	Protein 18 Fat 28 Carbo- hydrate 54
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)		
1 tsp.	$\frac{1}{2}$ oz. Butter		
<b>COST</b>			
		1 $\frac{1}{2}$ d.-3 $\frac{1}{2}$ d.	
<b>SALAD 5</b>			
Recipe 24, 3 $\frac{1}{2}$ slices each 4 in. $\times$ 2 in. $\times$ $\frac{1}{4}$ in.	3 $\frac{1}{2}$ oz. Brawn		
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)	535	Protein 22 Fat 25 Carbo- hydrate 56
$\frac{1}{2}$ Recipe 67	Russian Salad		
<b>COST</b>			
		2d.-2 $\frac{1}{2}$ d.	
<b>SALAD 6</b>			
2 slices each 4 in. $\times$ 2 in. $\times$ $\frac{1}{4}$ in.	2 oz. Lamb or Veal (cold)		
$\frac{1}{2}$ Recipe 59	Carrot and Water- cress Salad	527	Protein 20 Fat 31 Carbo- hydrate 43
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (whole- meal)		
1 tsp.	$\frac{1}{2}$ oz. Butter		
<b>COST</b>			
		3 $\frac{1}{2}$ d.-6 $\frac{1}{2}$ d.	

Homely Measure	E.P.	Calories	Grammes
<b>SALAD 7</b>			
2 slices each 4 in. × 2 in. × $\frac{1}{4}$ in.	2 oz. Pork (cold)		Protein 20
Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	2 $\frac{1}{2}$ oz. Bread (white)	414	Fat 16
$\frac{1}{2}$ Recipe 54	Apple and Cab- bage Salad		Carbo- hydrate 48
	<b>COST</b>		
	3 $\frac{1}{2}$ d.-5d.		
<b>SAVOURY SNACK 1</b>			
Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp.	3 oz. Sprats 2 $\frac{1}{2}$ oz. Bread (white) $\frac{1}{2}$ oz. Butter	480	Protein 25 Fat *26 Carbo- hydrate 37
	<b>COST</b>		
	1 $\frac{1}{4}$ d.-2d.		
<b>SAVOURY SNACK 2</b>			
Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp. 1 dsp.	2 $\frac{1}{2}$ oz. Bread (white) $\frac{1}{2}$ oz. Butter 1 oz. Jam	470	Protein 7 Fat 25 Carbo- hydrate 55
	<b>COST</b>		
	$\frac{3}{4}$ d.-1 $\frac{1}{4}$ d.		
<b>SAVOURY SNACK 3</b>			
Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp.	4 oz. Shrimps $\frac{1}{2}$ oz. Watercress 2 $\frac{1}{2}$ oz. Bread (white) $\frac{1}{2}$ oz. Butter	417	Protein 33 Fat 14 Carbo- hydrate 40
	<b>COST</b>		
	1 $\frac{3}{4}$ d.-3d.		
<b>SAVOURY SNACK 4</b>			
Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp.	1 Egg (boiled) 2 $\frac{1}{2}$ oz. Bread (white) $\frac{1}{2}$ oz. Butter	377	Protein 15 Fat 19 Carbo- hydrate 37
	<b>COST</b>		
	1 $\frac{1}{2}$ d.-3 $\frac{1}{2}$ d.		

Homely Measure	E.P.	Calories	Grammes
<b>SAVOURY SNACK 5</b>			
Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp.	2 oz. Winkles (shelled) ½ oz. Watercress 2½ oz. Bread (white) ½ oz. Butter	359	Protein 17 Fat 14 Carbo- hydrate 41
<b>COST</b>			
	1½d.-2½d.		
<b>SAVOURY SNACK 6</b>			
6 tbsp. Tin loaf (2 slices each $\frac{1}{2}$ in. thick)	1 Egg (poached) 6 oz. Spinach 2½ oz. Toast	354	Protein 19 Fat 8 Carbo- hydrate 52
<b>COST</b>			
	1½d.-4½d.		
<b>SAVOURY SNACK 7</b>			
Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp.	2 oz. Cockles (shelled) ½ oz. Watercress 2½ oz. Bread (white) ½ oz. Butter	344	Protein 15 Fat 13 Carbo- hydrate 41
<b>COST</b>			
	1½d.-2½d.		
<b>SAVOURY SNACK 8</b>			
1½ tsp. Tin loaf (1 slice $\frac{1}{2}$ in. thick)	1 Egg (scrambled) ½ oz. Butter 1½ oz. Toast	341	Protein 11 Fat *25 Carbo- hydrate 19
<b>COST</b>			
	1½d.-3½d.		
<b>SAVOURY SNACK 9</b>			
Tin loaf (2 slices each $\frac{1}{2}$ in. thick) 1 tsp.	3 oz. Celery 2½ oz. Bread (white) ½ oz. Butter	309	Protein 8 Fat 13 Carbo- hydrate 40
<b>COST</b>			
	1½d.-2d.		

Homely Measure	E.P.	Calories	Grammes
<b>SAVOURY SNACK 10</b>			
Recipe 44	1 Egg baked in Tomato 1½ oz. Toast ½ oz. Butter	257	Protein 12 Fat *13 Carbo- hydrate 23
<b>COST</b> 2½d.-5½d.			
<b>SAVOURY SNACK 11</b>			
Tin loaf (1 slice ½ in. thick) ½ tsp.	1 Egg (poached) 1½ oz. Toast ½ oz. Butter	231	Protein 11 Fat *13 Carbo- hydrate 19
<b>COST</b> 1½d.-3d.			
<b>SAVOURY SNACK 12</b>			
2 pieces Tin loaf (1 slice ½ in. thick) ½ tsp.	2 oz. Roe 1½ oz. Toast ½ oz. Butter	230	Protein 19 Fat 9 Carbo- hydrate 19
<b>COST</b> 1½d.-2½d.			
<b>SAVOURY SNACK 13</b>			
1 small Tin loaf (1 slice ½ in. thick) ½ tsp.	½ oz. Sardines 1½ oz. Toast ½ oz. Butter	204	Protein 8 Fat *11 Carbo- hydrate 19
<b>COST</b> 1½d.-2½d.			
<b>SAVOURY SNACK 14</b>			
Recipe 51	Stuffed Potatoes	183	Protein 7 Fat 5 Carbo- hydrate 28
<b>COST</b> ½d.-1d.			

\* These are included because they are generally used, but are unbalanced. Use less fat in other meals during the day, so that the day's meals may be balanced, i.e. 100 Fat grammes, 100 Protein grammes 400 Carbohydrate grammes in total.

### SUPPLEMENTARY RECIPES: VALUE AND COST

These additional recipes have been included, so that light meals may be added to, and other meals may be constructed.

The calorie values and costs given are those for the whole recipe in each case.

#### PUDDING 1

Recipe 88	Fresh Fruit Pudding	Calories	Grammes	
		2096	Protein 43 Fat 85 Carbo- hydrate 294	
COST				
7½d.-11½d.				

#### PUDDING 2

Recipe 102	Strawberry Meringue Pudding	1430	Protein 42		
			Fat 49 Carbo- hydrate 205		
COST					
6½d.-7½d.					

#### PUDDING 3

Recipe 81	Chocolate Rice	1373	Protein 33		
			Fat 63 Carbo- hydrate 169		
COST					
6d.-7½d.					

#### PUDDING 4

Recipe 107	Trifle	939	Protein 25		
			Fat 30 Carbo- hydrate 142		
COST					
8d.-9½d.					

## SAUCE 1

		Calories	Grammes
Recipe 17 (e)	Shrimp Sauce	477	Protein 21
			Fat 31
			Carbo- hydrate 29

COST  
1½d.-2d.

## SAUCE 2

		Calories	Protein
Recipe 17 (c)	Onion Sauce	445	Fat 30
			Carbo- hydrate 34

COST  
1½d.

## SAUCE 3

		Calories	Protein
Recipe 17 (d)	Parsley Sauce	438	Fat 30
			Carbo- hydrate 30

COST  
1½d.

## SAUCE 4

		Calories	Protein
Recipe 17 (b)	Caper Sauce	417	Fat 30
			Carbo- hydrate 28

COST  
2½d.

## SOUP 1

		Calories	Protein
Recipe 7	Oxtail	1411	Fat 87
			Carbo- hydrate 49

COST  
9d.-1s. 5d.

## SOUP 2

		Calories	Protein
Recipe 8	Potato	778	Fat 31
			Carbo- hydrate 78

COST  
4½d.-7½d.

		SOUP 3	Calories	Grammes
Recipe 3 (a)	Pea-Purée Cream Soup		653	Protein 23 Fat 36 Carbo- hydrate 59
		COST 3d.-4½d.		
		SOUP 4		
Recipe 3 (b)	Spinach Purée Cream Soup		546	Protein 16 Fat 36 Carbo- hydrate 40
		COST 3d.-4½d.		
		SOUP 5		
Recipe 9	Tomato		526	Protein 44 Fat 20 Carbo- hydrate 43
		COST 8½d.-1s. 5½d.		
		SOUP 6		
Recipe 4	Green Pea		512	Protein 55 Fat 7 Carbo- hydrate 58
		COST 5d.-9½d.		
		SOUP 7		
Recipe 6	Macaroni or Rice		437	Protein 46 Fat 6 Carbo- hydrate 49
		COST 4½d.-7½d.		
		SOUP 8		
Recipe 5	Lentil or Haricot Bean		433	Protein 53 Fat 6 Carbo- hydrate 41
		COST 4½d.-7½d.		

		SOUP 9	Calories	Grammes
Recipe 2	Brussels Sprout or Cabbage	332	Protein	42
			Fat	6
			Carbo-	28
			hydrate	
		COST		
		4½d.-8½d.		
		SOUP 10		
Recipe 10	Vegetable	273	Protein	40
			Fat	6
			Carbo-	15
		hydrate		
		COST		
		4½d.-7½d.		
		SOUP 11		
Recipe 1	Brown Stock	136	Protein	34
			Fat	—
			Carbo-	—
		hydrate		
		COST		
		10d.-1s. 5d.		
		CAKE 1		
Recipe 118	Fruit Cake	5165	Protein	83
			Fat	130
			Carbo-	915
		hydrate		
		COST		
		1s. 3½d.-1s. 4d.		
		CAKE 2		
Recipe 117	Chocolate Cake	5014	Protein	50
			Fat	195
			Carbo-	764
		hydrate		
		COST		
		1s. 4½d.-1s. 7½d.		
		CAKE 3		
Recipe 120 (b)	Coco-nut Cake	4712	Protein	79
			Fat	212
			Carbo-	622
		hydrate		
		COST		
		9½d.		

## CAKE 4

Recipe 119	Orange Cake	3977	Calories	Grammes
			Protein	43
			Fat	111
			Carbo-	
			hydrate	701

## COST

11d.-1s.

## CAKE 5

Recipe 120 (a)	Plain or Seed Cake	3576	Protein	68
			Fat	114
			Carbo-	
			hydrate	568

## COST

8½d.

## CAKE 6

Recipe 116	Ada Cake	2693	Protein	52
			Fat	78
			Carbo-	
			hydrate	447

## COST

5½d.

## CAKE 7

Recipe 121	Sponge Cake	1403	Protein	36
			Fat	19
			Carbo-	
			hydrate	271

## COST

6d.

## NOTES ON COOKERY

FOR the following recipes any method may be used, provided the ingredients are kept the same.

Food should always be served neatly and garnished prettily; for the look of an appetizing meal starts the flow of the gastric juices and so helps digestion.

Long, slow cooking at a low temperature results in more easily digested and more nourishing food. High temperatures spoil the value of many of the vitamins.

### BOILING

When boiling meat, place it in just sufficient boiling water, boil for about 8 minutes to seal in the juices, and then lessen the heat and simmer till tender.

For fish and vegetables use a small amount of water so that salts may be conserved. Do not use soda with green vegetables.

### ROASTING

By roasting we nowadays usually mean baking in the oven. Put the meat into a hot oven for about 10 minutes to seal the outside and keep the juices in, then lower the heat and cook slowly.

### STEWING AND CASSEROLE COOKING

These are excellent methods, in both of which the salts and extracts are conserved. From the point of view of nourishment, one of the best dishes is a stew (see Dinner Menus 1, 3, 5, 7, 8, 9, 15, 25, 33); for the valuable salts and extracts of the meat and vegetables are kept in the gravy, which should be taken as part of the meal.

### STEAMING

Steaming is a better method than boiling, especially for fish and vegetables. The delicate flavours are retained and the salts are not lost in the water and thrown away.

A steamer can be made by putting a basin in a saucepan, putting water into the saucepan, and keeping it replenished, so that the water comes about half-way up the basin. The food to be cooked should be placed in the basin, covered with greased paper; another dish can then be steamed in a plate on top of the basin, covered with another inverted plate. The water should be kept gently boiling.

## FRYING

By deep frying is meant plunging the fish or other food to be cooked into boiling fat for a few minutes; when the fat ceases bubbling the substance is cooked. If frying in a flat pan, use plenty of fat and see that it is boiling (when a blue smoke rises) before the food to be cooked is placed in it. A little of the goodness is lost this way because it is impossible to submerge the whole of the food, and it is necessary to turn it once.

*Note.* Great care is needed in handling quantities of hot fat as it catches fire easily and burns rapidly.

## RAW FOODS

Salads, vegetables and fruits, uncooked butter, milk, and cheese should be used whenever possible. All are very rich in food values, salts, and vitamins.

## FREEZING

Ice cream and Fruit Sundaes, etc., have approximately the calorie and food value of the foods they contain.

## RE-COOKED MEAT

This has barely more than half the value of meat that has only been cooked once. In re-cooked meat the fibres are hardened and become more difficult to digest.

## GENERAL PRINCIPLES

All cooking should be done at the lowest temperature that will enable the food to be cooked.

If self-raising flour is used in the following recipes, no baking powder will be necessary.

In pricing, the cost of fuel has not been included.

All quantities (except in the Salad Recipes) are for foods as purchased, except where otherwise stated. The amounts of waste to be allowed for are given on Page 125 *et seq.*

## RECIPES

## SOUPS

## I. STOCK

Calories for Recipe	Grammes
	Protein 34
	Fat —
136	Carbo- hydrate —

Enough for four persons—

1 lb. Shin Beef	1 lb. Raw or cooked bones and any lean trimmings there may be
3 pt. Water	

Remove all fat, crack or saw bones if possible; place in a saucepan. Add the water and bring slowly to the boil and simmer for 2-2½ hours. Strain into a basin; when cold remove the fat.

*Note.* For white stock for white soups or purées use white meats, veal, rabbit, or chicken.

COST  
10d.-1s. 5d.

## 2. BRUSSELS SPROUTS OR CABBAGE SOUP

Calories for Recipe	Grammes
	Protein 42
	Fat 6
332	Carbo- hydrate 28

Enough for four persons—

½ lb. Brussels Sprouts or Cabbage	1 pt. Stock, Recipe I
½ pt. Milk	½ oz. Cornflour
Pepper and salt	

Prepare and wash the brussels sprouts or cabbage thoroughly, boil gently in the stock till tender, skim. Pass through a sieve. Mix the cornflour to a smooth paste with the milk, return all to the saucepan and bring just to the boil. Season with pepper and salt and serve.

COST  
Brussels Sprouts 4½d.-8½d.  
Cabbage 4½d.-7½d.

## 3. CREAM SOUPS (a) Pea

Calories for Recipe	Grammes
	Protein 23
	Fat 36
653	Carbo- hydrate 59

Enough for four persons—

1 oz. Flour	1 pt. Purée of Peas (Purée of
1 oz. Butter	Broad Beans, Potatoes,
½ pt. Milk	or Onions would give the same calorie and food values)

Boil the selected vegetable, gently, in only just sufficient water. Pass through a sieve. Melt the butter in a saucepan, add the flour, and rub to a smooth paste. Add the milk gradually and bring to the boil. Boil for 5 minutes stirring all the time. Add the sieved vegetable or purée. Again bring just to the boil, seasoning with pepper and salt, and serve.

## COST

3d.-4 $\frac{3}{4}$ d.

## CREAM SOUPS (b) Spinach

Calories for Recipe	Grammes
	Protein 16
	Fat 36
546	Carbo- hydrate 40

Enough for four persons—

1 oz. Flour	1 pt. Purée of Spinach (Purée
1 oz. Butter	of Brussels Sprouts, Cab-
½ pt. Milk	bage, Asparagus, Tomato, or Celery would give the same calorie and food values)

Method as above.

Note. If Asparagus is used, the cost will be slightly higher than that given here.

## COST

3d.-4 $\frac{3}{4}$ d.

## 4. GREEN PEA

Calories for Recipe	Grammes
512	Protein 55
	Fat 7
	Carbo- hydrate 58

Enough for four persons—

½ lb. Green Peas when shelled	½ pt. Milk
1 pt. Stock, Recipe 1	Pepper and Salt
	½ oz. Cornflour

Choose young green peas, shell, and boil gently in the stock; when they are soft rub them through a sieve, and return to the saucepan. Mix the cornflour with the milk to a smooth paste and add to the soup. Bring just to the boil again, season with pepper and salt, and serve. White stock may be used if preferred. A few of the peas whole may be added before soup is served.

## COST

5d.-9½d.

## 5. HARICOT OR LENTIL

Calories for Recipe	Grammes
433	Protein 53
	Fat 6
	Carbo- hydrate 41

Enough for four persons—

1 pt. Stock, Recipe 1	½ pt. Milk
2 oz. Lentils or Haricot Beans	Pepper and Salt

Wash the lentils (if haricot beans are used, they will need soaking overnight). Put the stock into a saucepan with the lentils, bring to the boil. Simmer gently till quite tender, about 1½-1¾ hours. Add the milk and bring to the boil again. Season with pepper and salt, and serve. These soups may be rubbed through a sieve if preferred.

## COST

4½d.-7½d.

## 6. MACARONI OR RICE

Calories for Recipe	Grammes
	Protein 46
437	Fat 6
	Carbo- hydrate 49

Enough for four persons—

1 pt. Stock, Recipe 1

2 oz. Macaroni or Rice

½ pt. Milk

Break the macaroni into small pieces and wash. Place with the stock in the saucepan. Bring slowly to the boil, then simmer gently until the macaroni is quite tender, about  $1\frac{1}{2}$ - $1\frac{3}{4}$  hours. Add the milk and bring again to the boil. Season with pepper and salt and serve. This may be cooked in a double saucepan.

## COST

4½d.-7½d.

## 7. OXTAIL SOUP

Calories for Recipe	Grammes
	Protein 109
1411	Fat 87
	Carbo- hydrate 49

Enough for four persons—

1½ lb. Oxtail (including bone)

1½ oz. Flour

2 oz. Carrot

1 oz. Butter

2 oz. Onion

1½ pt. Water

2 oz. Turnip

Herbs

2 oz. Celery (outside leaves)

Peppercorns and Salt

Wash the tail, removing fat, and cut up. Prepare the vegetables and cut up, fry lightly in the butter. Place all in a saucepan with a few mixed herbs and peppercorns tied in a small piece of muslin. Add the water and simmer gently for 3-3½ hours. Skim if necessary. When meat and vegetables are tender remove the bones and rub through a sieve. Mix the flour to a smooth paste with a little cold water and add gradually to the soup. Return to the saucepan, season with pepper and salt, and cook for a little longer. Do not rub all the meat through the sieve. Save a few pieces of meat to serve in the soup.

Note. Oxtails usually weigh more than 1½ lb.

## COST

9d.-1s. 5½d.

## 8. POTATO SOUP

Calories for Recipe	Grammes
778	Protein 48
	Fat 31
	Carbo- hydrate 78

Enough for four persons—

1 lb. Potatoes	1 oz. Butter
3 oz. Onions	1 pt. Stock, Recipe 1
Pepper and Salt	½ pt. Milk

Melt the butter in a pan. Peel and slice the onions and potatoes, fry lightly until the butter is absorbed. Turn into a saucepan with the stock and simmer for about  $1\frac{1}{4}$  hours. Season with pepper and salt. Add the milk and bring just to the boil. Pass through a sieve if possible, heat up again, and serve.

## COST

4½d.-7½d.

## 9. TOMATO SOUP

Calories for Recipe	Grammes
526	Protein 44
	Fat 20
	Carbo- hydrate 43

Enough for four persons—

1 lb. Tomatoes, fresh or tinned	½ oz. Butter
2 oz. Onion	½ pt. Milk
1 pt. Stock, Recipe 1	½ oz. Cornflour

Pepper and Salt

Peel and slice the onions, add the tomatoes and fry lightly in the butter, add the stock. Turn all into a saucepan and simmer for about  $1\frac{1}{4}$  hours. Pass through a sieve. Mix the cornflour with the milk, stir till smooth, and add gradually to the soup. Simmer again for  $\frac{1}{2}$  hour. Season with pepper and salt and serve.

## COST

8½d.-1s. 5½d.

## 10. VEGETABLE SOUP

Calories for Recipe	Grammes
	Protein 40
273	Fat 6
	Carbo- hydrate 15

Enough for four persons—

1 pt Stock, Recipe 1	1 oz. Turnip
1 oz. Onion	½ pt. Milk
1 oz. Carrot	Pepper and Salt

Prepare the vegetables and cut into dice, put these into a saucepan, add the stock, and cook gently till tender. Add the milk and bring again to the boil. Season with pepper and salt, and serve. This soup may be rubbed through a sieve if preferred.

## COST

4½d.-7½d.

## SAUCES

## 11. APPLE SAUCE

Calories for Recipe	Grammes
	Protein 1
257	Fat 1
	Carbo- hydrate 61

Enough for four persons—

½ lb. Apples	1 oz. Sugar
1 oz. Water	

Peel and core the apples, place in the saucepan with the sugar and water. Cook till tender, beat with wooden spoon or rub through a sieve.

## COST

1½d.

## 12. BREAD SAUCE

Calories for Recipe	Grammes
	Protein 26
758	Fat 26
	Carbo- hydrate 106

Enough for four persons—

½ pt. Milk	4 oz. Onion
5 oz. Breadcrumbs	½ oz. Butter
Pepper and Salt	

Place the milk, breadcrumbs, chopped onion, and butter in a double saucepan. Season with pepper and salt, and cook for 1½ hours or more.

COST

2½d.

## 13. CRANBERRY SAUCE

Calories for Recipe	Grammes
	Protein 1
	Fat 1
	Carbo-
561	hydrate 136
½ lb. Cranberries	4 oz. Water
¼ lb. Sugar	

Wash and pick over the cranberries, place in a saucepan with the water, and simmer gently till tender. Add the sugar. Pass through a sieve, and serve.

COST

3½d.

## 14. JAM SAUCE

Calories for Recipe	Grammes
	Protein 1
	Fat —
	Carbo-
133	hydrate 32

Enough for four persons—

1½ oz. Jam                            1 oz. Water

Put the water and jam into a saucepan and stir till warm.

COST

1d.

## 15. MARMALADE SAUCE

Calories for Recipe	Grammes
	Protein 1
	Fat —
	Carbo-
291	hydrate 72

Enough for four persons—

1½ tbsp. Marmalade                    4 tbsp. Water

Melt together in a saucepan and serve.

COST

½d.

## 16. MINT SAUCE

Calories for Recipe	Grammes
	Protein
	Fat
	Carbo-
56	hydrate 14

Enough for four persons—

1 oz. Chopped Mint	2 tsp. Sugar
½ pt. Vinegar	

Wash and chop the mint finely, add the sugar, and mix together. Add the vinegar and stir. Stand for an hour or so before serving.

## COST

1½d.-1¾d.

## 17. (a) WHITE SAUCE

Calories for Recipe	Grammes
	Protein
	Fat
	Carbo-
417	hydrate 28

Enough for four persons—

1 oz. Butter	1 gill Milk
1 oz. Flour	5 tbsp. Water

Melt the butter in a saucepan, stir in the flour till smooth. Add the milk and water (or stock), bring to the boil and let it boil for 5 minutes, stirring all the time. (If liked, for fish, add one or two drops of anchovy essence.)

## COST

1½d.

## (b) CAPER SAUCE

Calories for Recipe	Grammes
	Protein
	Fat
	Carbo-
417	hydrate 28

Recipe 17 (a)	½ oz. Capers
---------------	--------------

Method, as above.

## COST

2½d.

## (c) ONION SAUCE

Calories for Recipe	Grammes
	Protein 9
445	Fat 30
	Carbo-
	hydrate 34
Recipe 17 (a)	2 oz. Onion (chopped)

Method, as above. Boil the onion in  $\frac{1}{2}$  pt. of water. Use 5 tablespoonfuls of this water instead of stock.

## COST

Just over 1½d.

## (d) PARSLEY SAUCE

Calories for Recipe	Grammes
	Protein 12
438	Fat 30
	Carbo-
	hydrate 30

Recipe 17 (a)	½ oz. Parsley (chopped)
---------------	-------------------------

Method, as above.

## COST

1½d.

## (e) SHRIMP SAUCE

Calories for Recipe	Grammes
	Protein 21
477	Fat 31
	Carbo-
	hydrate 29

Recipe 17 (a)	2 oz. Shrimps (shelled)
---------------	-------------------------

Method, as above.

## COST

1½d.-2d.

## (f) SWEET SAUCE

Calories for Recipe	Grammes
	Protein 8
474	Fat 30
	Carbo-
	hydrate 43

Recipe 17 (a)	½ oz. Sugar
---------------	-------------

Method, as above.

## COST

Just over 1½d.

## FISH

## 18. STEWED EELS AND PARSLEY SAUCE

Calories for Recipe	Grammes
	Protein 75
	Fat 61
968	Carbo- hydrate 30

Enough for four persons—

1 lb. Eels	½ pt. Water
	Pepper and Salt

Cut off the head, skin and cut up the fish, put into a saucepan with the water, bring to the boil, skim. Simmer gently till tender, about 15–20 minutes. Serve with parsley sauce, Recipe 17 (d). Season with pepper and salt.

## COST

1s. 1½d.–1s. 9½d.

## 19. FISH PIE

Calories for Recipe	Grammes
	Protein 58
	Fat 35
826	Carbo- hydrate 68

Enough for four persons—

8 oz. Cold Fish (no bone)	1 Egg
½ lb. Mashed Potato	4 oz. Milk
1 oz. Butter	Pepper and Salt

Remove bone and skin from fish, and flake finely. Mash potatoes, with milk, butter, and egg. Season with pepper and salt. Grease a pie-dish and fill with alternate layers of fish and mashed potato, finishing with potato on top. Bake in a moderate oven till light brown, about half an hour.

## COST

11½d.–1s. 6d.

## MEATS

## 20. BOILED BEEF AND CARROTS

Calories for Recipe	Grammes
	Protein 128
	Fat 216
2724	Carbo- hydrate 64

Enough for four persons—

1½ lb. Brisket (lean) 1½ lb. Carrots

Put the beef and the scraped and sliced carrots into boiling water, about 1½ pt. Season with pepper and salt. Simmer gently for about 2½ hours.

COST  
8d.

### 21. BOILED SALT BEEF

Calories for Recipe	Grammes
	Protein 181
	Fat 242
4224	Carbo- hydrate 331

Enough for four persons—

1½ lb. Beef Flank (lean)

For the Dumplings—

½ lb. Parsnips

½ lb. Flour

½ lb. Onions

½ lb. Suet

½ lb. Carrots

Peel and cut up the vegetables. Wash the meat to remove any unnecessary salt. Place with the vegetables in a saucepan, just cover with water, about 1½ pt. Season with pepper. Bring to the boil and simmer gently for about 2½ hours. Make the dumplings, drop these into the saucepan about 15 minutes before the meat is done. Do not allow to go off the boil or the dumplings will break.

THE DUMPLINGS. Chop the suet. Put the flour into a basin, add the chopped suet and a pinch of salt, mix to a stiff dough with water, form into balls, roll in flour, and drop into the boiling stew.

COST  
1s. 1d.

### 22. BEEF STEW

Calories for Recipe	Grammes
	Protein 126
	Fat 54
1351	Carbo- hydrate 90

Enough for four persons—

1 lb. Shin Beef or Steak

2 oz. Turnip

1 oz. Onion

4 oz. Dried Peas

4 oz. Tomatoes

1 cupful Water or Stock

3 oz. Carrot

1 dsp. Vinegar

Pepper and Salt

Soak the peas overnight. Cut up the meat, prepare and cut up the vegetables, place in a saucepan or casserole. Add a cupful of water or stock, the vinegar, pepper and salt to taste, stand for 20 minutes. Place in the oven or over the fire and cook slowly for 2-3 hours.

## COST

10½d.-1s. 6d.

## 23. BEEF STEWED WITH DUMPLINGS

Calories for Recipe	Grammes
	Protein 152
	Fat 195
3987	Carbo- hydrate 404

Enough for four persons—

	For the Dumplings—
1 lb. Flank Beef (lean)	
½ lb. Carrot	½ lb. Flour
½ lb. Onions	½ lb. Suet
½ lb. Turnip	Pepper and Salt
½ lb. Celery (outside leaves)	

Peel the onions and turnips and scrape the carrots, wash the celery and cut all up. Place the meat in a saucepan with the vegetables. Season with pepper and salt, just cover with water, 1½ pt., bring to the boil, and simmer gently for 2 hours. Make the dumplings, drop these into the saucepan about 15 minutes before the meat is done. Do not allow the saucepan to go off the boil or the dumplings will break.

To make dumplings, see Recipe 21.

## COST

9d.

## 24. BRAWN

Calories for Recipe	Grammes
	Protein 178
3542	Fat 310 Carbo- hydrate —

5 lb. Pig's Head (½ head)	2 tsp. Salt
1 lb. Beef Flank	1 tsp. Mixed Herbs

Cut off the snout. Clean the head carefully. Cut off the cheek, ear, tongue and brains, etc., and wash. Cut these and the beef into small dice. Put all into a saucepan just big enough, and only just cover with water, add the salt and herbs. Boil gently for 3 hours. Turn into a mould and leave until cold. When

it has set, turn out and serve. Do not stir or it will be cloudy. Makes about 4 lb.

COST  
1s. 1½d.

### 25. CHICKEN SOUFFLÉ

Calories for Recipe	Grammes
	Protein 133
	Fat 83
1283	Carbo- hydrate —

Enough for four persons—

1 lb. Chicken (no bone)	4 Eggs (large)
2 oz. Butter	4 tbsp. Stock, Recipe 1
	Pepper and Salt

Pound the chicken or mince very finely, then add gradually the butter, 4 yolks and 2 whites of eggs, and beat well together. Whip the remaining egg whites to a stiff froth and stir in lightly. Put the mixture in a well greased mould, steam very gently for about 1 hour or a little less, until set, or bake for  $\frac{3}{4}$  hour or until set.

Note. Pounded liver or fish can be cooked in the same way.

COST  
2s. 5½d.—3s. 8½d.

### 26. CURRY AND RICE

Calories for Recipe	Grammes
	Protein 39
	Fat 106
1455	Carbo- hydrate 85

Enough for four persons—

½ lb. Onions	½ pt. Stock, Recipe 1
½ lb. Apple	6 oz. Meat (cold)
2 oz. Dripping	½ tsp. Curry Powder
½ oz. Flour	Twice Rice Recipe 100

Pepper and Salt

Peel onions, peel and core apples, cut into slices, and fry in dripping. Mix the curry powder with the flour and add to vegetables and apple in frying-pan. Add the stock and cook gently for about  $\frac{1}{2}$ – $\frac{3}{4}$  hour. Season with pepper and salt. Add the meat cut into neat pieces just before serving, long enough to heat. Dish in a border of boiled rice.

COST  
6½d.—1s. 1½d.

## 27. HAM ROLL

Calories for Recipe	Grammes
	Protein 204
2975	Fat 204
1 lb. Ham (no bone)	Carbo- hydrate 81
1 lb. Veal (raw—no bone)	5 oz. Breadcrumbs
	3 Eggs
	Pepper and salt

Mince the ham and veal, add the breadcrumbs. Beat up the eggs and add to the mixture. Season well with pepper and salt. Knead together, form into a roll, tie firmly in a floured cloth, and boil gently for  $2\frac{1}{4}$ – $2\frac{1}{2}$  hours. When it is cooked take out of cloth and sprinkle with raspings. Makes about  $2\frac{1}{4}$  lb.

## COST

3s. 5 $\frac{3}{4}$ d.–4s. 7d.

## 28. IRISH STEW

Calories for Recipe	Grammes
	Protein 173
4703	Fat 220
	Carbo- hydrate 508

Enough for four persons—

1 $\frac{1}{2}$ lb. Middle Neck (Tarted) Lamb or Mutton (lean)	For the Dumplings— $\frac{3}{4}$ lb. Flour
3 lb. Potatoes	$\frac{1}{4}$ lb. Suet
1 lb. Onions	Pepper and Salt

Cut up the meat into neat joints. Peel and cut up the onions and potatoes. Place in saucpan with a pinch of salt, just cover with water, and simmer for  $1\frac{1}{2}$  hours. Make the dumplings, drop these into stew about 15 minutes before the meat is done. Do not allow the stew to go off the boil or the dumplings will break.

To make dumplings, see Recipe 21.

## COST

1s. 2 $\frac{1}{2}$ d.–2s. 5 $\frac{1}{2}$ d.

## 29. KIDNEY AND POTATO CHIPS

Calories for Recipe	Grammes
	Protein 72
3809	Fat 297
	Carbo- hydrate 212

Enough for four persons—

6 oz. Kidneys	4 Rashers Bacon (4 oz.)
1½ lb. Potatoes	1½ oz. Butter
	Pepper and Salt

Peel the potatoes, cut into strips, and fry a light brown. Skin the kidneys, cut them in half, and fry in a frying-pan with bacon and a little butter. Serve on the potato chips with a little butter on each kidney. Season with pepper and salt.

COST

11½d.—1s. 2½d.

### 30. MEAT PATTIES

Calories for Recipe	Grammes
	Protein 87
2780	Fat 195
	Carbo- hydrate 170

Enough for four persons—

½ lb. Meat	Short Crust, Recipe 105,
Pepper and Salt	Using—
	8 oz. Flour
	4 oz. Butter
	1 tsp. Baking Powder

Make short crust by Recipe 105, roll out  $\frac{1}{4}$  in. thick, cut into any convenient shapes. Place a portion of the meat, chopped and seasoned with pepper and salt, in the centre of each piece of pastry, damp the edges, cover with another piece of pastry the same shape, press the edges together to seal, and bake in a hot oven for  $\frac{1}{2}$ –1 hour.

COST

1s. 0½d.—1s. 9½d.

### 31. MEAT PUDDING

Calories for Recipe	Grammes
	Protein 166
4360	Fat 260
	Carbo- hydrate 340

Enough for four persons—

1 lb. Stewing Beef (pieces)	For Crust—
½ lb. Kidney	1 lb. Flour
Pepper and Salt	4 oz. Suet 2 tsp. Baking Powder

**THE CRUST.** Chop the suet. Put the flour into a basin, add the chopped suet and a pinch of salt, mix to a stiff dough with water.

Line a pudding basin with the crust, leaving a piece of pastry for the top. Cut up the meat and kidney, removing skin and gristle. Season with pepper and salt. Sprinkle with flour and place in the lined basin, adding 3 tbsp. of water. Cover the top with remaining crust, damp the edges of the pastry, press together to seal. Cover with greased paper and steam for 4 hours or more.

**COST**

1s. od.-1s. 1od.

**32. HARICOT MUTTON**

Calories for Recipe	Grammes
	Protein 113
	Fat 129
1969	Carbo- hydrate 90

Enough for four persons—

1½ lb. Scrag Mutton (lean)	½ lb. Haricot Beans
½ lb. Onion	Pepper and Salt
½ lb. Carrot	
½ lb. Turnip	

Soak the haricot beans overnight. Cut the meat into neat pieces. Peel and cut up the onions and turnips, scrape the carrots and cut up. Place all in a saucepan with the haricot beans. Season with pepper and salt, bring to the boil, and simmer gently for 2½ hours.

**COST**

10½d.

**33. MUTTON PIE**

Calories for Recipe	Grammes
	Protein 70
	Fat 167
2452	Carbo- hydrate 169

Enough for four persons—

1 lb. Cold Meat	3 tbsp. Stock, Recipe 1, or Water
1 lb. Potatoes	
Short Crust, Recipe 105	Pepper and Salt

Cut the meat into thin slices. Partly boil the potatoes and cut into thin slices. Fill a pie dish with layers of cold meat

and the potatoes. Add 3 tbsp. of stock or water. Season with pepper and salt. Cover with a crust made by Recipe 105, and bake in a moderate oven for 1-1½ hours.

COST  
1s. 3d.-1s. 9d.

### 34. PIG'S FRY (BAKED)

Calories for Recipe	Grammes
	Protein 101
	Fat 189
	Carbo-
3369	hydrate 315

Enough for four persons—

½ lb. Pig's Fry	Pepper and Salt
1 oz. Bacon	Suet Crust—
1 lb. Onions	12 oz. Flour

Peel and slice the onions, put a layer into a pie-dish, and season with pepper and salt. Then put a layer of pig's fry and bacon cut into pieces. Fill the pie-dish with layers of these and cover with the suet crust made by method Recipe 104. Bake in a moderate oven for 1-1½ hours.

COST  
1s. 0½d.-1s. 3½d.

### 35. PIG'S FRY, BACON, AND CHIPPED POTATOES

Calories for Recipe	Grammes
	Protein 77
	Fat 262
	Carbo-
3308	hydrate 161

Enough for four persons—

½ lb. Pig's Fry	4 oz. Dripping
4 oz. Bacon	2 lb. Potatoes

Put the dripping into a frying-pan, fry the pig's fry and bacon. Take out and place on a dish; keep hot. Peel and cut the potatoes into strips and fry in the fat that is in the pan left from the cooking of the flare, bacon, and dripping.

COST  
1s. od.

## 36. BOILED SALT PORK AND PEASE PUDDING

Calories for Recipe	Grammes
	Protein 162
	Fat 232
3667	Carbo- hydrate 233

Enough for four persons—

1½ lb. Breast Salt Pork (lean)	1½ lb. Parsnips
	Pepper

Wash the meat to remove any unnecessary salt. Peel and cut up the parsnips. Place all in a saucepan and just cover with water, about 1½ pt., add pepper to taste, bring to the boil, and simmer gently for 2 hours.

## PEASE PUDDING

½ lb. Split Peas	½ oz. Butter
Pepper and Salt	

Soak the peas overnight. Tie in a cloth and cook till tender, about 2 hours. Take out of cloth and place in a basin and beat up with butter, pepper and salt. Cover and keep hot until served.

## COST

1s. 7½d.

## 37. CASSEROLE OF RABBIT

Calories for Recipe	Grammes
	Protein 67
	Fat 67
982	Carbo- hydrate 27

Enough for four persons—

2 lb. Rabbit	1 oz. Dripping
4 oz. Ham or Pork	1 oz. Flour
2 oz. Onion	Water, Pepper, and Salt

Peel and slice the onion, cut the rabbit into small joints. Fry in the dripping till light brown, place in the casserole with the ham or pork and onions. Season with pepper and salt. Just cover with water, about ½-¾ pt., cover closely with the lid, and cook slowly in the oven till tender, about 1½-2 hours. Mix the flour to a smooth paste with a little cold water and add gradually; cook for a little longer.

## COST

11½d.-1s. 10d.

## 38. JUGGED RABBIT AND FORCEMEAT BALLS

Calories for Recipe	Grammes
	Protein 121
	Fat 142
3159	Carbo- hydrate 350

Enough for four persons—

2 lb. Rabbit	4 oz. Flour
4 oz. Bacon	½ oz. Dripping
½ lb. Onions	2 lb. Potatoes (boiled)
Cloves, Pepper, and Salt	

Cut the rabbit and bacon into neat pieces and fry the rabbit in the dripping till it is a pale brown. Peel the onions and stick with 2-4 cloves; place all in a saucepan. Season with pepper and salt. Just cover with water and simmer gently until tender, about 1½-2 hours. ¼ hour before it is done, mix the flour with a little cold water and add gradually to the stew to thicken the gravy; bring to the boil. Drop in the forcemeat balls, and cook for 15 minutes longer; keep the saucepan boiling or the forcemeat balls will break. Serve with the potatoes.

## FORCEMEAT BALLS

1 Egg	6 oz. Breadcrumbs
2 oz. Suet	Pepper and Salt

Chop the suet and add the breadcrumbs, season with pepper and salt, add a sprinkle of mixed herbs. Add the beaten egg and form into balls.

## COST

1s. 3½d.—1s. 9d.

## 39. SHEPHERDS' PIE

Calories for Recipe	Grammes
	Protein 56
	Fat 104
1589	Carbo- hydrate 107

Enough for four persons—

1½ lb. Potatoes	1 oz. Onion
¾ lb. Cold Meat	3 tbsp. Stock, Recipe 1, or Water
1½ oz. Butter	Pepper and Salt

Peel and boil the potatoes; when they are cooked add the butter, and mash. Mince the meat, peel and chop the onion.

Place in a greased pie-dish, season with pepper and salt. Add 3 tbsp. of stock, Recipe 1, or water. Cover with the mashed potato and bake a golden brown, about  $\frac{1}{2}$ – $\frac{3}{4}$  hour.

## COST

1s. 1 $\frac{3}{4}$ d.–1s. 9d.

## 40. STEAK AND KIDNEY PUDDING

Calories for Recipe	Grammes
	Protein 133
	Fat 254
3538	Carbo- hydrate 181

Enough for four persons—

½ lb. Stewing steak

For Suet Crust—

3 oz. Kidney

8 oz. Flour

½ oz. Flour

4 oz. Suet

Pepper and Salt

**THE CRUST.** Chop the suet. Put the flour into a basin, add the chopped suet and a pinch of salt, and mix to a stiff dough with water.

Line a greased pudding basin with suet crust, leaving a piece of pastry for the top. Cut up the meat and kidney, removing skin and gristle. Season with pepper and salt. Sprinkle with flour, place in the lined basin, adding 3 tablespoonfuls of water. Cover the top with remaining crust, damp the edges of pastry, and press together to seal, cover with greased paper, and steam for 4 hours or more.

## COST

1s. 2 $\frac{1}{2}$ d.–1s. 5 $\frac{1}{2}$ d.

## 41. SWEETBREADS IN WHITE SAUCE

Calories for Recipe	Grammes
	Protein 99
	Fat 55
1001	Carbo- hydrate 28

Enough for four persons—

1 lb. Sweetbreads

3 oz. Flour

½ pt. Stock, Recipe 1

4 oz. Butter

Pepper and Salt

1 pt. Milk

Soak the sweetbreads in a little salt water for about 1 hour. Remove any gristle, place in boiling water and boil a few minutes, remove from water and place in a saucepan, cover with the milk, season with pepper and salt. Simmer gently

for about 2 hours till tender, place the sweetbreads on a dish and keep hot. Melt the butter in a saucepan, add the flour and stir to a smooth paste, add the milk gravy from the sweetbreads gradually and stir, return to saucepan. Boil until thickened. Serve round sweetbreads.

## COST

1s. 6½d.—3s. 2½d.

## 42. TRIPE AND ONIONS

Calories for Recipe	Grammes
	Protein 69
	Fat 43
955	Carbo- hydrate 74

Enough for four persons—

1 lb. Tripe	½ pt. Milk
½ lb. Onions	1 oz. Butter
2 oz. Flour	½ pt. Water
Pepper and Salt	

Put the tripe in a saucepan and cover with water, bring to the boil, throw away the water, take out the tripe, and cut into pieces. Peel and cut up onions and place with the tripe in a saucepan with the milk and water, bring to the boil and simmer for 2 hours. Mix the flour to a smooth paste with a little cold water, stir gradually into the mixture, adding the butter. Season with pepper and salt. Boil all up again for a few minutes longer.

## COST

1½d.—1s. 1½d.

## 43. VEAL FRICASSEE

Calories for Recipe	Grammes
	Protein 81
	Fat 44
832	Carbo- hydrate 28

Enough for four persons—

½ lb. Veal (cooked)	½ pt. Milk
2½ oz. Stock, Recipe 1, or	1 oz. Flour
Water	Pepper and Salt
1 oz. Butter	

Make a sauce by Recipe 17 (a). Mince the veal and stir into sauce, season with pepper and salt. Serve.

(This method may be used for Fricassee of any meat, or fish.)

## COST

1s. 10½d.-2s. 1d.

## VEGETABLES

## 44. BAKED EGG IN TOMATO

Calories for Recipe	Grammes
	Protein 12
	Fat 13
257	Carbo- hydrate 23

Enough for one person—

½ lb. Tomato	1 Egg
1 slice Buttered Toast	Pepper and Salt

Cut the top off the tomato, scoop out the pulp. Break an egg into the tomato and bake in a moderate oven for 7-10 minutes. Heat the pulp with a little butter, and spread on the toast. Serve the baked egg, in the tomato, on the toast.

## COST

## 45. CAULIFLOWER AND CHEESE SAUCE

Calories for Recipe	Grammes
	Protein 72
	Fat 125
1763	Carbo- hydrate 88

Enough for four persons—

1½ lb. Cauliflower	2 oz. Flour
2 oz. Butter	6 oz. Grated Cheese
½ pt. Milk	1 oz. Lemon Juice

Prepare and cook the cauliflower till tender, drain, and place on a dish. Make a sauce with the flour, butter, and milk, Recipe 17 (a). Add to this half the grated cheese and lemon juice, then pour over the cauliflower; sprinkle with the remainder of the grated cheese. Place in a hot oven or under the grill to brown. A little mustard may be added to the sauce if liked.

Note. Leeks may be used instead of cauliflower.

## COST

8½d.-1s. 1½d.

## 46. CHEESE AND POTATO BALLS

Calories for Recipe	Grammes
	Protein 37
	Fat 40
936	Carbo-hydrate 107

Enough for four persons—

1 lb. Potatoes (Mashed)	2 oz. Cheese (grated)
1 Egg	1 oz. Breadcrumb raspings
½ oz. Butter	Pepper and Salt

Add the beaten egg, grated cheese, and butter to the mashed potatoes, form into balls, coat with egg and breadcrumbs, and fry in deep fat.

## COST

2½d.-3½d.

## 47. CREAMED POTATOES

Calories for Recipe	Grammes
	Protein 7
	Fat 13
393	Carbo-hydrate 62

Enough for four persons—

1 lb. Potatoes	½ oz. Butter
Pepper and Salt	

Peel and boil potatoes. When they are cooked, add the butter and beat with a fork. Season with pepper and salt.

## COST

1½d.-1¾d.

## 48. PARSNIP RISSOLES

Calories for Recipe	Grammes
	Protein 40
	Fat 130
1963	Carbo-hydrate 158

Enough for four persons—

1½ lb. Parsnips	6 oz. Breadcrumbs
4 oz. Dripping or Butter	1 Egg

Pepper and Salt

Prepare the parsnips and partly boil. Strain and cut up, fry in the fat till tender. Turn into a basin and mash up; add breadcrumbs; season with pepper and salt. Form into balls

or rolls, cover with egg and breadcrumbs. Fry or grill till pale brown.

## COST

4½d.-7½d.

## 49. POTATO CROQUETTES

Calories for Recipe	Grammes
	Protein 30
	Fat 36
952	Carbo- hydrate 128

Enough for four persons—

1 lb. Boiled Potatoes	2 small eggs
1 oz. Butter	3 oz. Breadcrumbs, oven- dried "Raspings"
2 tbsp. Milk	
Pepper and Salt	

Melt the butter in a saucepan. Add potatoes, season with pepper and salt, beat till smooth. Turn into a basin, beat in 1½ eggs, leave till cold, divide into balls, coat well with egg and breadcrumbs, and fry in boiling fat. Drain well.

## COST

4½d.

## 50. STUFFED ONIONS

Calories for Recipe	Grammes
	Protein 56
	Fat 52
1260	Carbo- hydrate 142

Enough for four persons—

1½ lb. Onions	6 oz. Breadcrumbs
6 oz. Ham or Bacon	½ tsp. Marmite
½ pt. Water	Pepper and Salt

Take four 4 oz. onions, peel carefully, and cut off a piece at the top of each. Scoop out the centre, chop this up and add to the minced ham and breadcrumbs. Season with pepper and salt. Fill the onions with the mixture, place in a baking tin. Make a stock with the Marmite and water; pour this round. Bake in a hot oven till tender, about 1-1½ hours.

## COST

5½d.-9½d.

## 51. STUFFED POTATOES

Calories for Recipe	Grammes
	Protein 5
	Fat 5
183	Carbo- hydrate 28

Enough for one person—

One 5 oz. Potato	$\frac{1}{2}$ oz. Grated Cheese
Pepper and salt	

Scrub the potato and bake in its skin till soft. Cut lengthways. Scoop out centre and mix with grated cheese. Season with pepper and salt. Re-fill the 2 half-skins, return to the oven and brown, or brown under the grill.

Note. If Marmite is used instead of cheese, allow  $\frac{1}{2}$  tsp., i.e. Calories 122 (P. 3, F. 0, C. 28).

## COST

 $\frac{3}{4}$ d.-1d.

## 52. STUFFED TOMATOES

Calories for Recipe	Grammes
	Protein 18
	Fat 76
867	Carbo- hydrate 26

Enough for four persons—

1 lb. Tomatoes	$1\frac{1}{4}$ oz. Bacon
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Mince the bacon. Scoop out a little of the tomato (stalk end) and fill with the bacon. Bake or grill till tender.

## COST

5d.-11½d.

## SALADS

## 53. A, B, AND C SALAD

Calories for Recipe	Grammes
	Protein 5
	Fat 38
474	Carbo- hydrate 27

Enough for four persons—

6 oz. Cabbage	2 oz. Olives (green)
4 oz. Tomatoes	1 tbsp. Lemon Juice
2 oz. Onion	1½ tbsp. Olive Oil

Choose a young firm cabbage, trim and wash thoroughly, see that it is crisp and dry, shred finely. Stone the olives, chop olives and onions very finely, slice the tomatoes. Mix all together and decorate with sliced tomato. Dress with olive oil and lemon.

COST  
6½d.-8d.

#### 54. APPLE AND CABBAGE SALAD

Calories for Recipe	Grammes
	Protein 11
	Fat 29
482	Carbo- hydrate 45

Enough for four persons—

1 Egg	4 oz. Cabbage
2 oz. Onion	¾ oz. Oil
½ lb. Apple	1 tbsp. Vinegar

Choose a young firm cabbage, wash thoroughly. See that it is crisp and dry. Boil the egg hard. Powder the yolk and mix with the finely shredded cabbage. Peel and core the apples, cut into small dice, or grate. Chop the onion finely, sprinkle it over the cabbage. Dress with vinegar and oil.

COST  
4½d.-7½d.

#### 55. APPLE AND DATE SALAD

Calories for Recipe	Grammes
	Protein 8
	Fat 21
622	Carbo- hydrate 100

Enough for four persons—

8 oz. Apple	1 oz. Walnuts
2 oz. Dates	½ oz. Sugar
4 oz. Lettuce	½ oz. Lemon Juice

Prepare and wash the lettuce. Peel and core the apple, and cut up. Stone the dates and cut up, chop the walnuts. Arrange all on lettuce leaves. Sprinkle with sugar and lemon juice.

COST  
5d.-9d.

## 56. AUTUMN SALAD

Calories for Recipe	Grammes
732	Protein 13
	Fat 59
	Carbo- hydrate 38

Enough for four persons—

4 oz. Lettuce	4 oz. Grape-fruit
4 oz. Orange	4 oz. Lemon Juice
2 oz. Walnuts	4 oz. Olive Oil

Prepare and wash the lettuce. Prepare the orange and grape-fruit, remove all pith. Chop the walnuts. Sprinkle with lemon juice and oil and serve on lettuce leaves.

## COST

7½d.-1s. 2d.

## 57. CANADIAN SALAD

Calories for Recipe	Grammes
	Protein 3
	Fat 2
325	Carbo- hydrate 74

Enough for four persons—

4 oz. Lettuce	4 oz. Pineapple
4 oz. Apple	4 oz. Orange

Prepare and wash the lettuce, slice the fruit, and serve on the lettuce.

## COST

4½d.-9d.

## 58. CABBAGE AND CARROT SALAD

Calories for Recipe	Grammes
	Protein 10
	Fat 17
453	Carbo- hydrate 64

Enough for four persons—

4 oz. Cabbage	3 oz. Carrot
8 oz. Potatoes (cooked)	2 oz. Onion
1 oz. Watercress	1 oz. Mayonnaise

Choose a firm young cabbage, trim and wash thoroughly. Shred very finely, chop the onion. Cut the potato into dice. Wash and break up the watercress. Grate the carrot, mix all

together. Dress with mayonnaise and grate a little carrot on the top.

COST  
3d.-4½d.

### 59. CARROT AND WATERCRESS SALAD

Calories for Recipe	Grammes
	Protein 7
	Fat 34
459	Carbo- hydrate 32

Enough for four persons—

5 oz. Lettuce	4 oz. Carrot
2 oz. Onion	2 oz. Watercress
3 oz. Radish	1 tbsp. Lemon Juice
	4 tbsp. Mayonnaise

Prepare the lettuce and watercress, wash thoroughly, and break up. Chop the radish and onion, grate the carrot. Sprinkle with lemon juice and mix. Dress with mayonnaise and decorate with grated carrot.

COST  
4½d.-10½d.

### 60. CELERY AND NUT SALAD

Calories for Recipe	Grammes
	Protein 16
	Fat 119
1178	Carbo- hydrate 11

Enough for four persons—

4 oz. Celery	2 oz. Nuts
4 oz. Lettuce	2 oz. Mayonnaise

Wash the lettuce and cut up the celery, chop the nuts, mix and sprinkle with mayonnaise, serve on lettuce leaves.

COST  
8½d.-1s. 1½d.

### 61. CHEESE SALAD

Calories for Recipe	Grammes
	Protein 34
	Fat 42
567	Carbo- hydrate 12

Enough for four persons—

Wash the lettuce and slice the tomato, arrange on a dish, and grate or flake the cheese over the salad.

## COST

4d.-9½d.

## 62. EGG MAYONNAISE

Calories for Recipe	Grammes
1126	Protein 37
	Fat 105
	Carbo- hydrate 8

Enough for four persons—

4 Eggs 4 oz. Tomato  
4 oz. Lettuce 2 oz. Mayonnaise

Boil the egg hard and slice. Wash the lettuce, slice the tomato, arrange in a dish, and sprinkle with mayonnaise.

### COST

8d.-1s. 6d.

### 63. FRUIT SALAD

Calories for Recipe	Grammes
456	Protein 3
	Fat 2
	Carbo- hydrate 107

Enough for four persons—

4 oz. Oranges	4 oz. Cherries
4 oz. Apples	4 oz. Pineapple
4 oz. Orange Juice	

Prepare and cut up the fruit and mix. Add orange juice.

## COST

5½d.-8½d.

#### 64. GRAPE-FRUIT AND CHERRY SALAD

Calories for Recipe	Grammes
560	Protein 9
	Fat 20
	Carbo- hydrate 86

## Enough for four persons—

20 oz. Grape-fruit

1 oz. Brazil Nuts

3 oz. Cherries

4 oz. Lettuce

Prepare and wash the lettuce. Remove the pith and skin from the grape-fruit and break up. Chop the nuts, stone the cherries. Serve all on lettuce leaves.

## COST

1s.-2s. 3½d.

## 65. ORANGE AND APPLE SALAD

Calories for Recipe	Grammes
for	Protein 6
Recipe	Fat 3
508	Carbo- hydrate 115

## Enough for four persons—

1 lb. Apples

4 Oranges (large)

Choose fruit of good flavour, peel and core the apple. Peel the oranges and remove all pith and pips. Slice and serve.

## COST

6d.-10d.

## 66. ORANGE SALAD

Calories for Recipe	Grammes
for	Protein 5
Recipe	Fat 2
638	Carbo- hydrate 150

## Enough for four persons—

4 Oranges (small)

1 oz. Candied Peel

2 Bananas

2 oz. Sugar

½ Lemon

Prepare the fruit, and cut up. Mix in a bowl. Sprinkle with sugar, chopped candied peel, and grated lemon rind; add the juice. Mix all together.

## COST

## 67. RUSSIAN SALAD

Calories for Recipe	Grammes
	Protein 16
	Fat 18
518	Carbo- hydrate 73

Enough for four persons—

4 oz. Lettuce	1 oz. Turnip
4 oz. Peas	2 oz. Carrot
1 oz. Mayonnaise	8 oz. Potato

Use cooked vegetables, cut into dice and arrange on lettuce leaves. Cover with mayonnaise.

## COST

4½d.-7½d.

## 68. VITAMIN SALAD

Calories for Recipe	Grammes
	Protein 6
	Fat 1
137	Carbo- hydrate 26

Enough for four persons—

4 oz. Lettuce	4 oz. Tomato
4 oz. Beetroot (raw)	1 oz. Watercress
4 oz. Carrot (raw)	

Grate the carrot and beetroot, slice the tomato, and wash and break the watercress. Mix all together and serve on the lettuce.

## COST

3½d.-9½d.

## 69. WINTER SALAD

Calories for Recipe	Grammes
	Protein 9
	Fat 34
485	Carbo- hydrate 36

Enough for four persons—

8 oz. Cabbage	4 oz. Onion
4 oz. Beetroot	2 oz. Mayonnaise

Choose a young firm cabbage, trim and wash thoroughly. Be sure it is crisp and dry, then shred finely. Chop the onion,

cut the beetroot into dice. Mix all together and dress with mayonnaise.

## COST

4½d.-5½d.

N.B. See note about Salads, Page 66, "General Principles."

## PUDDINGS AND SWEET DISHES

## 70. APPLE AMBER

Calories for Recipe	Grammes
	Protein 13
	Fat 35
1012	Carbo- hydrate 162

Enough for four persons—

1 lb. Apples	2 Eggs (small)
3 oz. Sugar	2 tbsp. Castor Sugar (for whipped egg whites)
1 oz. Butter	1 Lemon Rind and Juice

Peel and core the apples and cook till tender, adding the butter, grated lemon rind, juice, and sugar. When it is cooked beat up with a fork or rub through a sieve, add the egg yolks and beat again, pour into a pie-dish. Whip the egg whites to a stiff froth with a little sugar, pile on top, sprinkle well with sugar, place in a cool oven and brown slightly.

## COST

6½d.-7½d.

## 71. APPLE DUMPLINGS

Calories for Recipe	Grammes
	Protein 56
4004	Fat 200 Carbo- hydrate 494

Enough for four persons—

4 Cooking Apples (large)	Short Crust—
2 oz. Sugar	1 lb. Flour
	8 oz. Butter
	Water and Pinch of Salt

Peel and core the apples, fill the centres with sugar. Roll out the pastry and cut into sections. Place an apple in the centre of each piece, draw the pastry up over the apple to completely cover, seal the edges carefully. Place on a greased tin

and bake in a moderate oven for  $\frac{1}{2}$  hour. Make pastry by Recipe 105, using above quantities.

## COST

11 $\frac{3}{4}$ d.-1s. 1 $\frac{3}{4}$ d.

## 72. APPLE PUDDING

Calories for Recipe	Grammes
	Protein 24
1685	Fat 73
	Carbo- hydrate 232

Enough for four persons—

1 lb. Apples	Suet Crust—
2 oz. Sugar	6 oz. Flour
Water	3 oz. Suet Water and Pinch of Salt

Make a suet crust, Recipe 103. Grease and line a pudding basin with the crust, leaving a piece for the top. Peel, core, and slice the apples, put these into the crust-lined basin with the sugar and a tablespoonful of water, cover with the remaining piece of crust, damp to seal the edges, cover with greased paper, and steam for 2-3 hours.

## COST

6 $\frac{1}{4}$ d.-7d.

## 73. APPLE FROST

Calories for Recipe	Grammes
	Protein 9
656	Fat 2
	Carbo- hydrate 150

Enough for four persons—

1 lb. Apples	3 oz. Sugar (castor or granulated)
2 Egg Whites	

Peel and core the apples. Cook till tender, add the sugar, beat all to a pulp with a fork or rub through a sieve. Beat the whites to a stiff froth, add to the apple, and beat till white.

## COST

6 $\frac{1}{4}$ d.-11 $\frac{1}{4}$ d.

## 74. BANANAS AND CREAM

Calories for Recipe	Grammes
592	Protein 6
	Fat 16
	Carbo- hydrate 106

Enough for four persons—

4 Bananas	4 tbsp. Cream
1 oz. Sugar (castor)	

Cut the bananas lengthways and place in a glass dish. Whip the cream, adding half the sugar, and pile on top of bananas. Shake over the remainder of the sugar, and serve.

COST  
8d.-10d.

## 75. BANANA FRITTERS

Calories for Recipe	Grammes
1074	Protein 26
	Fat 45
	Carbo- hydrate 141

Enough for four persons—

4 Bananas	Batter, Recipe 108
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Cut the bananas lengthways, dip in the batter, and fry in boiling fat.

COST

## 76. BANANA JELLY

Calories for Recipe	Grammes
769	Protein 28
	Fat 1
	Carbo- hydrate 162

Enough for four persons—

Lemon Jelly, Recipe 94	6 oz. Banana (2 bananas)
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Make lemon jelly by Recipe 94. Cut up the bananas and place in mould, pour the jelly over when it is cool, but before it sets.

COST  
9½d.-1s. 0½d.

## 77. BONITA PUDDING

Calories for Recipe	Grammes
	Protein 23
	Fat 14
966	Carbo- hydrate 186

Enough for four persons—

6½ oz. Castor Sugar	½ oz. Gelatine
2 Eggs	1 oz. Cream
8 tbsp. Water (hot)	1 Lemon Rind (grated) and Juice

Separate the whites from the yolks of the eggs. Beat up the yolks with the sugar till creamy. Melt the gelatine in the water. Add the lemon juice, grated rind and melted gelatine to the sugar and egg yolks. Pour into a glass dish. Beat the egg whites to a stiff froth and mix in, leave to set. Serve with the cream, whipped and placed in little heaps on top.

## COST

6½d.

## 78. BREAD AND BUTTER PUDDING

Calories for Recipe	Grammes
	Protein 49
	Fat 57
1578	Carbo- hydrate 218

Enough for four persons—

8 oz. Bread	1 pt. Milk
1 oz. Butter	2 oz. Currants
1 Egg	1 oz. Sugar

Grease a pie-dish. Cut the bread into slices and butter it, half fill a pie-dish in layers. Sprinkle currants between. Beat the egg and add the milk and sugar. Pour over the bread and butter, grate a little nutmeg over if liked, and leave to soak for  $\frac{1}{2}$  hour. Cook in a very moderate oven for about  $\frac{3}{4}$  hour, till brown and crisp on top.

## COST

7d.-8d.

## 79. CASTLE PUDDING

Calories for Recipe	Grammes
	Protein 29
	Fat 109
1895	Carbo- hydrate 199

Enough for four persons—

2 Eggs	4 oz. Flour
4 oz. Sugar (castor)	4 oz. Butter
½ tsp. Baking Powder	

Beat the butter and sugar to a cream. Add the eggs one at a time and beat well in. Stir in the flour and baking powder lightly. Grease a pudding-basin and half fill with the mixture. Steam for 1½ hours.

(Turn out and pour jam sauce round—see Recipe 14.)

#### COST

#### 80. CHOCOLATE BLANCMANGE

Calories for Recipe	Grammes
	Protein 16
	Fat 28
757	Carbo- hydrate 110

Enough for four persons—

½ pt. Milk	1½ oz. Chocolate (broken up)
1 tbsp. cornflour	1½ oz. Sugar

Mix the cornflour to a smooth paste with a little cold milk. Put the milk, broken chocolate, and sugar into a saucepan and bring to the boil. When the chocolate and sugar have melted, pour on to the mixed cornflour while boiling, and stir till smooth. Turn into a clean saucepan and boil for 5–10 minutes, stirring all the time. Turn into a cold wet mould and leave till set.

#### COST

5d.–6d.

#### 81. CHOCOLATE RICE PUDDING

Calories for Recipe	Grammes
	Protein 33
	Fat 63
1373	Carbo- hydrate 169

Enough for four persons—

1 pt. Milk	½ oz. Butter
3 oz. Rice (unpolished)	2 oz. Chocolate
2 oz. Sugar	

Wash the rice and place in a pie-dish, break up the chocolate, bring the milk to the boil in a saucepan and melt the chocolate

in it, add the sugar, pour over the rice. Add the butter in small pieces. Place in the oven and bake slowly for 1½-2 hours.

COST  
6d.-7½d.

### 82. CHRISTMAS PUDDING

Calories for Recipe	Grammes
	Protein 23
1004	Fat 43
	Carbo- hydrate 130

Enough for four persons—

1 oz. Flour	1 oz. Sugar (brown)
1 oz. Breadcrumbs	1 oz. Suet
1 oz. Currants	2 Eggs (small)
1 oz. Sultanas	Pinch Salt, Allspice,
1 oz. Raisins	Nutmeg

Stone the raisins, clean and pick the currants and sultanas, prepare the breadcrumbs, and chop the suet. Mix all the dry ingredients, beat the eggs and add to the mixture, stir well, see that all are mixed, place in a greased basin, tie pudding cloth on firmly. Place in boiling water and boil for 3-4 hours or more.

Note. This mixture may be used for any quantity. If pounds are used instead of ounces, about 8 large eggs will be required, and 12 hours or more for boiling.

COST  
4½d.-6½d.

### 83. CUSTARD (BOILED)

Calories for Recipe	Grammes
	Protein 14
340	Fat 21 Carbo- hydrate 24

Enough for four persons—

½ pt. Milk	1 dsp. Sugar (castor or gran.)
1 Egg yolk	1 tsp. Cornflour

Beat the egg yolk and sugar together. Mix the cornflour with a little cold milk. Put the remainder of the milk into a saucepan (double if possible), add the beaten egg and sugar and the mixed cornflour, stir over the heat until it thickens. Remove

from heat at once or the mixture will curdle; do not let it boil.

## COST

3½d.

## 84. CUSTARD (BAKED)

Calories for Recipe	Grammes
for	Protein 49
Recipe	Fat 47
845	Carbo- hydrate 57

Enough for four persons—

1 pt. Milk 1 oz. Sugar (castor or gran.)  
4 Eggs (small)

Beat up the eggs. Add the milk and sugar, pour into a buttered pie-dish, place the dish in a tin half-filled with water. Bake in a slow oven for  $\frac{3}{4}$  hour.

## COST

7½d.-8½d.

## 85. DAMSON FOOL

Calories for Recipe	Grammes
for	Protein 27
Recipe	Fat 37
1055	Carbo- hydrate 154

Enough for four persons—

2 lb. Damsons 2 oz. Peanuts  
Custard, Recipe 83

Skin and stone the fruit, mash with a fork or rub through a sieve. Mix with the custard, Recipe 83. Place in a glass dish and grate the nuts on the top.

Note. Plums, currants, or blackberries may be used instead of damsons.

## COST

11½d.-1s. 3½d.

## 86. EGG SHAKE

Calories for Recipe	Grammes
for	Protein 8
Recipe	Fat 16
258	Carbo- hydrate 21

Enough for one person—

1 Egg White	4 oz. Water
4 oz. Milk (8 tbsp.)	2 tsp. Sugar (castor)
2 tbsp. Cream	

Beat the white of the egg to a stiff froth. Put the milk, water, cream, and sugar into a glass. Mix together, add the beaten white, and serve.

Can also be served hot. Heat the milk, but do not let it boil, pour over the beaten white, stirring all the time.

COST  
4d.-5½d.

### 87. EGG WHIP

Calories for Recipe	Grammes
	Protein 12
	Fat 12
315	Carbo- hydrate 40

Enough for one person—

1 Egg	½ pt. Milk
3 tbsp. Orange Juice or Lemon	1 tbsp. Sugar (castor)

Beat the white to a stiff froth. Beat the yolk and sugar to a cream. Add the fruit juice, then the milk. Stir in the beaten white and serve.

(Brandy or wine can be added when necessary.)

COST  
3½d.-5½d.

### 88. FRESH FRUIT PUDDING

Calories for Recipe	Grammes
	Protein 43
	Fat 85
2096	Carbo- hydrate 294

Enough for four persons—

½ lb. Blackberries	3 oz. Butter
½ lb. Flour	1 Egg
3 oz. Sugar	2 tbsp. Milk

Prepare and wash the fruit. Cream the butter and sugar and beat the egg well in, add the flour and stir lightly, adding the milk. Grease a pudding-basin, put a layer of the mixture at the bottom, then a layer of the fruit, and so on till  $\frac{2}{3}$  full. Cover the basin with greased paper and steam for 2-2½ hours.

Note. Plums, damsons, raspberries, or currants may be used instead of the blackberries.

COST  
 $7\frac{3}{4}$ d.- $11\frac{3}{4}$ d.

### 89. FRUIT PUDDING MIXED

Calories for Recipe	Grammes
	Protein 48
	Fat 101
2860	Carbo- hydrate 440

Enough for four persons—

$\frac{3}{4}$ lb. Flour	$\frac{1}{2}$ lb. Raisins
$\frac{1}{2}$ lb. Suet	2 oz. Currants
2 oz. Sugar	

Chop the suet, stone the raisins, and wash the currants. Put the flour, chopped suet, prepared fruit, and sugar into a basin and mix to a stiff dough with water. Grease a pudding-basin and half fill with the mixture. Steam for 3-4 hours.

COST  
 $6\frac{1}{2}$ d.- $8\frac{1}{2}$ d.

### 90. FRUIT WHIP

Calories for Recipe	Grammes
	Protein 25
	Fat 4
478	Carbo- hydrate 86

Enough for four persons—

$\frac{3}{4}$ lb. Raspberries	4 Egg Whites
$1\frac{1}{2}$ oz. Sugar (castor)	

Rub the raspberries through a sieve, add the sugar. Beat the egg whites to a stiff froth, stir in the fruit lightly. Freeze for 1-2 hours if possible.

Note. Strawberries may be used instead of raspberries.

COST  
 $9\frac{3}{4}$ d.- $11\frac{1}{2}$ d.

### 91. FRUIT PIE

Calories for Recipe	Grammes
	Protein 15
	Fat 51
1279	Carbo- hydrate 190

Enough for four persons—

Short Crust, Recipe 105	2 oz. Sugar
1 lb. Apples	Water

Peel, core, and cut up the apples. Place them in a pie-dish, add the sugar and a little water, line the edge of the pie-dish, and cover with pastry, Short Crust, Recipe 105. Bake in a hot oven for  $\frac{3}{4}$ –1 hour.

Note. Gooseberries or raspberries may be used instead of apples.

**COST**

Apples or gooseberries	5½d.–7½d.
For Raspberries	6½d.–10½d.

**92. GOOSEBERRY FOOL**

Calories for Recipe	Grammes
	Protein 16
	Fat 21
629	Carbo- hydrate 95

Enough for four persons—

½ lb. Gooseberries	Custard, Recipe 83
2 tbsp. Sugar	

Stew the gooseberries till tender, rub through a sieve, add the sugar, make the custard by Recipe 83, and add to the sieved gooseberries. When it is cold serve in small glasses.

Note. Other fruits may be used instead of gooseberries.

**COST**

5½d.–6½d.

**93. JUNKET**

Calories for Recipe	Grammes
	Protein 19
	Fat 23
508	Carbo- hydrate 57

Enough for four persons—

1 pt. Milk	1 oz. Sugar (castor)
1 tsp. Essence of Rennet	Nutmeg

Add the sugar to the milk and warm to blood heat. Pour into a glass dish, add the rennet, and stir. Leave quite still to set. When it has set grate over a little nutmeg.

**COST**

4d.

## 94. LEMON JELLY

Calories for Recipe	Grammes
602	Protein 26
	Fat —
	Carbo- hydrate 124

Enough for four persons—

8 tbsp. Lemon Juice	4 oz. Sugar
1 oz. Gelatine	1 pt. Water

Put the water, gelatine, and sugar into a saucepan and stir until melted. Add the fruit juice, strained, pour into a mould and allow to set.

Note. The method is the same for any fresh fruit jelly. Orange or grape-fruit may be used.

COST  
7½d.-9½d.

## 95. MARMALADE PUDDING

Calories for Recipe	Grammes
1496	Protein 25
	Fat 55
	Carbo- hydrate 225

Enough for four persons—

2 oz. Breadcrumbs	1 Lemon Rind (grated)
2 oz. Flour	1 oz. Sugar
2 oz. Suet	3 tbsp. Milk
3 tbsp. Marmalade	1 Egg

Chop the suet, grate the lemon rind, put these into a basin with the flour, breadcrumbs, egg, milk, sugar, and marmalade, and mix together. Grease a basin, put the mixture into it, cover with greased paper, and steam for 3½ hours.

(Serve with marmalade sauce—see Recipe 15.)

COST  
4½d.

## 96. MINCEMEAT

Calories for Recipe	Grammes
1020	Protein 6
	Fat 54
	Carbo- hydrate 128

## 99. PORRIDGE

Calories for Recipe	Grammes
226	Protein 9
	Fat 4
	Carbo- hydrate 37

Enough for four persons—

2 oz. Oatmeal (Rolled or Coarse)	1 pt. Water Pinch Salt
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Take 2 oz. (1 teacupful) rolled oats and a pinch of salt and mix with  $\frac{1}{2}$  pt. (2 teacupfuls) cold water, add  $\frac{1}{2}$  pt. (2 teacupfuls) boiling water, pour into a saucepan—a double one if possible—and boil for 10–30 minutes. For coarse oatmeal the method is the same, but cook for 1–3 hours.

COST  
 $\frac{1}{2}$ d.– $\frac{3}{4}$ d.

## 100. RICE BOILED

Calories for Recipe	Grammes
297	Protein 7
	Fat —
	Carbo- hydrate 67

Enough for four persons—

3 oz. Rice (unpolished) Pinch of Salt	1 pt. Water
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Wash rice and place in a  $1\frac{1}{2}$  pint basin, add a pinch of salt and the water. Cover with a plate or saucepan lid. Place the basin in a saucepan, surround with water half way up the basin, cook till tender. Do not let the saucepan boil dry; use a double saucepan if you have one. For rice with meats flavour the rice with herbs or curry powder if liked.

COST

## 101. RICE MILK PUDDING

Calories for Recipe	Grammes
1027	Protein 26
	Fat 35
	Carbo- hydrate 152

Enough for four persons—

3 oz. Rice (unpolished whole)	2 oz. Sugar
1 pt. Milk	½ oz. Butter

Wash the rice and place in a pie-dish. Add the sugar, the butter (in small pieces), and the milk, and grate a little nutmeg over. Bake in a moderate oven for 1½ hours or more.

COST

4½d.-5½d.

### 102. STRAWBERRY MERINGUE PUDDING

Calories for Recipe	Grammes
	Protein 42
	Fat 49
1430	Carbo- hydrate 205

Enough for four persons—

4 oz. Breadcrumbs	2 Eggs
½ pt. Milk	½ oz. Butter
2½ oz. Castor Sugar	3 oz. Jam

Put the milk into a saucepan, add the breadcrumbs and half the sugar, bring to the boil. Allow to cool, add the yolks of the eggs and beat in. Grease a pie-dish, and pour in the mixture. Cook in a moderate oven for ½-¾ hour. Beat the whites to a stiff froth, adding a little of the sugar. Heat the jam a little, remove the pudding from the oven, spread with the jam, and cover with the beaten whites. Return to the oven and bake until the meringue (egg whites) is a pale brown. Shake over it the remainder of the sugar. Serve.

COST

6½d.-7½d.

### 103. SUET CRUST

Calories for Recipe	Grammes
	Protein 24
	Fat 71
1243	Carbo- hydrate 127

Enough for four persons—

6 oz. Flour	Water
3 oz. Suet	Pinch of salt
½ tsp. Baking Powder	

Chop the suet. Put the flour into a basin, add the chopped suet and a pinch of salt, mix to a stiff dough with water, turn

into a greased pudding-basin, cover with greased paper, and steam for  $1\frac{1}{2}$  hours.

**COST**  
 $2\frac{1}{2}$ d.- $3\frac{1}{4}$ d.

#### 104. SUET CRUST OR DUMPLINGS

Calories for Recipe	Grammes
	Protein 43
	Fat 96
2059	Carbo- hydrate 255

Enough for four persons—

$\frac{3}{4}$ lb. Flour	Water
$\frac{1}{4}$ lb. Suet	Pinch of Salt
1 tsp. Baking Powder	

Chop the suet. Put the flour into a basin, add the chopped suet and a pinch of salt, mix to a stiff dough with water, form into balls and drop into the boiling stew. For baked suet pudding place in a greased basin or dish and bake for  $1\frac{1}{4}$  to  $1\frac{1}{2}$  hours.

**COST**  
 $3\frac{1}{2}$ d.- $4\frac{1}{2}$ d.

#### 105. SHORT PASTRY CRUST

Calories for Recipe	Grammes
	Protein 13
	Fat 49
837	Carbo- hydrate 85

Enough for four persons—

4 oz. Flour	1 tsp. Baking Powder
2 oz. Butter	Pinch of Salt
Cold Water	

Mix the flour, baking powder, and salt. Rub the butter into the flour till it has the appearance of breadcrumbs (keeping the butter and hands cool will assist in this). Stir in the water, a little at a time, till the mixture is the consistency of firm dough, turn on to a floured board, and roll out about  $\frac{1}{2}$  in. thick. If self-raising flour is used, no baking powder is needed.

**COST**  
 $1\frac{3}{4}$ d.

## 106. SYRUP ROLL

Calories for Recipe	Grammes
2005	Protein 31
	Fat 95
	Carbo- hydrate 257

Enough for four persons—

½ lb. Flour	2 tbsp. Golden Syrup
¼ lb. Suet	1 tsp. Baking Powder

Make a suet crust by Recipe 103, using above quantities. Roll out  $\frac{1}{2}$  inch thick, spread with golden syrup, roll up, pinch the ends. Place in a floured cloth, tie firmly, put into boiling water, and boil for 2 hours. Alternatively, place the mixture in a greased pudding basin, a layer of syrup and suet crust alternately, cover with greased paper, and steam for  $2\frac{1}{2}$  hours.

COST  
4½d.-5½d.

## 107. TRIFLE

Calories for Recipe	Grammes
	Protein 25
	Fat 30
939	Carbo- hydrate 142

Enough for four persons—

4 oz. Sponge Cake, Recipe 121	4 oz. Orange Juice
2 oz. Raspberry Jam	½ pt. Custard, Recipe 83
1 oz. Macaroons	

Cut the sponge cake across and spread with raspberry jam, cut into four and place in a glass dish with the macaroons. Soak all with orange juice; when soaked pour over it  $\frac{1}{2}$  pt. custard made by Recipe 83.

COST  
8d.-9½d.

## 108. YORKSHIRE PUDDING

Calories for Recipe	Grammes
	Protein 32
	Fat 65
1109	Carbo- hydrate 99

Enough for four persons—

4 oz. Flour	7 oz. Milk (14 tbsp.)
1 Egg, small	1½ oz. Dripping

Put the flour in a basin with a pinch of salt. Make a well in the centre, break in the egg, add a little of the milk, and stir well. Add the rest of the milk and beat until smooth. Allow to stand for 2 hours if possible. Put the dripping into a baking-tin, and heat; when it is boiling pour in the batter and bake in a hot oven for 30-40 minutes.

Note. This recipe may also be used for Batter for fritters.

COST

3½d.-4d.

#### 109. YORKSHIRE PUDDING

Calories for Recipe	Grammes
	Protein 36
	Fat 19
881	Carbo- 142 hydrate

Enough for four persons—

6 oz. Flour	½ pt. Milk
1 Egg	Pinch Salt

Put the flour in a basin with a pinch of salt. Make a well in the centre, break the egg into it. Add a little milk and stir until smooth. Add the rest of the milk and beat well. Stand for an hour before cooking.

COST

3½d.

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#### SAVOURIES

#### 110. CHEESE PUDDING

Calories for Recipe	Grammes
	Protein 35
	Fat 58
852	Carbo- 48 hydrate

Enough for four persons—

2 oz. Breadcrumbs	½ pt. Milk
1½ oz. Grated Cheese	2 Eggs
1 oz. Butter	Pepper and Salt

Beat the eggs, mix with milk, add the breadcrumbs, grated

cheese, butter, pepper, and salt; stir. Pour into a buttered pie-dish and bake slowly for  $\frac{1}{2}$  hour.

## COST

5½d.

## 111. CHESTNUT STUFFING

Calories for Recipe	Grammes
	Protein 31
	Fat 39
1063	Carbo-hydrate 148

Enough for a medium turkey—

½ lb. Chestnuts	½ oz. Butter
2 oz. Milk	½ oz. Sugar
1 Egg (beaten)	Pepper and Salt

Cut off the tops of the chestnuts and boil for about 10 minutes, take out a few at a time and remove the outer shell and inner skin. Place in a saucepan with the milk and water if necessary, and simmer gently till tender. The chestnuts will absorb the milk, so do not let them burn. Add the butter, sugar, pepper and salt, rub through a sieve or mash to a paste, adding the beaten egg.

## COST

4½d.-5d.

## 112. MACARONI CHEESE

Calories for Recipe	Grammes
	Protein 43
	Fat 41
1108	Carbo-hydrate 142

Enough for four persons—

5 oz. Macaroni	½ oz. Butter
1½ oz. Cheese	1 oz. Flour
½ pt. Milk	Pinch of Salt
¼ tsp. Made Mustard	

Boil the macaroni in salted water till tender, and strain. Melt the butter in a saucepan, add the flour and mix to a paste, season with pepper and salt, add the milk gradually, stirring all the time. Add the macaroni, 2 tablespoonfuls of grated cheese, and the mustard. Pour the whole into a greased

pie-dish, sprinkle over it the remainder of the grated cheese, and brown in the oven or under the grill.

COST  
4d.-4½d.

### 113. NUT CUTLETS

Calories for Recipe	Grammes
	Protein 38
1499	Fat 116
	Carbo- hydrate 75

Enough for four persons—

2 oz. Breadcrumbs	½ pt. Milk
4 oz. Brazil Nuts (grated)	1 Egg Yolk
1½ tsp. Lemon Juice	Rind of 1 Lemon
1 oz. Butter	1 dsp. Fried Onion
1 oz. Flour	Pepper and salt

Grate the nuts and lemon rind. Melt the butter in a saucepan, add the flour and mix to a smooth paste with the milk, bring to the boil and cook till it thickens. Cool a little, and add the nuts, lemon rind, breadcrumbs, egg yolk, fried onions, lemon juice, pepper and salt to taste. Form into cutlets, coat with egg and breadcrumbs, and fry in deep fat.

COST  
7½d.-8½d.

### 114. PINEAPPLE TOAST

Calories for Recipe	Grammes
	Protein 15
859	Fat 3
	Carbo- hydrate 192

Enough for four persons—

10 oz. Pineapple	4 oz. Pineapple Juice
5 oz. Toast (brown bread)	

Make slices of brown toast. Slice the pineapple and place on the toast. Heat the juice and pour over. Allow to get cold before serving.

COST  
5d.-8d.

## 115. TOAD IN THE HOLE

Calories for Recipe	Grammes
	Protein 128
	Fat 128
2425	Carbo- hydrate 201

Enough for four persons—

1 lb. Beef Sausages

Batter, Recipe 109

Make a batter by Recipe 109. Dip the sausages into the batter and fry in boiling fat till a golden brown.

## COST

## CAKES

## 116. ADA CAKE

Calories for Recipe	Grammes
	Protein 52
	Fat 78
2693	Carbo- hydrate 447

1 lb. Flour 3 oz. Sugar

3 oz. Butter 3 oz. Scrimp

2 tsp. Baking Powder 1 oz. Currants

Rub the butter into the flour, add the currants, sugar, and scrimp. Mix into a dough with water. Place in a greased cake tin and bake for 1 to 2 hours.

To make the scrimp, use any flare or caul from lamb or pig, place in the oven and extract all the fat, leaving only the crisp part. Break this up into very small pieces.

## COST

5½d.

## 117. CHOCOLATE CAKE

Calories for Recipe	Grammes
	Protein 50
5014	Fat 195 Carbo- hydrate 764

4 oz. Butter 4 oz. Castor Sugar

3 Eggs 3 oz. Grated Chocolate (not

½ lb. Flour powdered)

1 tsp. Baking Powder 1 tsp. Vanilla Essence

Sift the flour, baking powder, and chocolate on to a piece of paper. Cream the butter and sugar together in a basin until white. Add the eggs one at a time and beat well in. Add the flour, baking powder, chocolate, and vanilla essence; lightly stir in. Turn into a tin 9 in. across, lined with greased paper. Bake in a moderate oven for 1-1½ hours.

When cold split in half, spread 1 half with filling, and cover with the other half. Pour over it the chocolate icing and decorate with dried walnuts.

#### COST

10½d.-1s. od.

This mixture may be used for small cakes, but bake in a quick oven 10-15 minutes, fill, and ice.

#### CHOCOLATE CAKE FILLING

2 oz. Butter	6 oz. Icing sugar
½ tsp. Vanilla Essence	

Beat the butter to a cream, add the sugar, beat until white. Add vanilla essence.

#### COST

3d.

#### CHOCOLATE CAKE ICING

2 oz. Chocolate	½ lb. Icing Sugar
3 tbsp. Water	

Break up the chocolate, place in a saucepan with the water and melt. Allow to cool to blood heat. Add the sugar, beat well in. If the icing will just coat a spoon when lifted out of the saucepan it is the right thickness. Pour it over the cake. If it is too thick add a drop or two more water, if too thin a little more sugar. Do not leave the cake until finished, because the icing sets very quickly.

#### COST

3½d.-4½d.

For cake, with filling and icing, 1s. 4½d. to 1s. 7½d.

#### 118. FRUIT CAKE

Calories for Recipe	Grammes
5165	Protein 83
	Fat 130
	Carbo- hydrate 915

1 lb. Flour	½ lb. Currants
½ lb. Butter	½ lb. Sultanas
2 Eggs	½ lb. Sugar (castor)
½ pt. Milk	2 tsp. Baking Powder

Cream the butter and sugar, add the eggs one at a time. Beat each well in. Add half the flour and fruit, previously cleaned, then the milk and the remaining half of fruit and flour. Place in a tin lined with greased paper. Bake in a moderate oven for about 2½ hours.

If self-raising flour is used, do not use baking powder.

This mixture may be used for small cakes, but bake in a quick oven for 15–20 minutes.

#### COST

1s. 3½d.–1s. 4d.

#### 119. ORANGE CAKE

Calories for Recipe	Grammes
	Protein 43
3977	Fat 111
	Carbo- hydrate 701

2 Eggs	½ lb. Flour
2 oz. Butter	1 Orange Rind and Juice
½ lb. Sugar (castor)	1 tsp. Baking Powder

Sift the flour and baking powder on to a piece of paper. Cream the butter and sugar together in a basin till white. Add the eggs one at a time and beat each well in. Add the sifted flour, grated rind, and orange juice—enough to make a thick creamy mixture. Turn into a tin 9 in. across, lined with greased paper. Bake in a moderate oven for 40–45 minutes. When cold split in half, spread filling on one half, and cover with the other half. Pour over it the orange icing. Decorate suitably, with silver balls, crystallized violets, etc. If self-raising flour is used, do not use baking powder.

This mixture may also be used for small cakes, for which bake in a quick oven 10–15 minutes. Fill and ice.

#### COST

5½d.–6½d. without decorations

#### ORANGE CAKE FILLING

2 oz. Butter (fresh)	6 oz. Icing Sugar
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Beat the butter to a cream, add the icing sugar, beat until white.

## ORANGE CAKE ICING

1 Orange

½ lb. Icing Sugar

Put the juice of an orange, about 2 tbsp., into a saucepan and warm slightly (blood heat). Add the sugar and beat well in. If the mixture will just coat the spoon when lifted from the saucepan, it is the right thickness. Pour over the cake, leave for a minute or two, then decorate suitably with silver balls and crystallized violets. If icing is too thick add a drop or two more juice, if too thin add a little more sugar. Do not leave the cake when icing or it will set.

## COST

2½d.-2¾d. without decorations

Cost for cake with filling and icing, 11d. to 1s.

## 120 (a) PLAIN CAKE

Calories for Recipe	Grammes
	Protein 68
	Fat 114
3576	Carbo- hydrate 568

1 lb. Flour

2 Eggs

½ lb. Butter

½ lb. Castor Sugar

2 tsp. Baking Powder

1 oz. Milk

Cream the butter and sugar, then add the eggs one at a time, beating each well in. Sift the flour and baking powder together, add gradually to the mixture, stirring gently, add the milk—do not beat in the flour. Place in a tin lined with greased paper, cook in a moderate oven for 40-60 minutes. If self-raising flour is used, do not use baking powder.

This mixture may also be used for small cakes; these should be baked in a quick oven for 10-20 minutes.

Note. Caraway seeds may be added if liked.

## COST

8½d.

## (b) COCO-NUT CAKE

Calories for Recipe	Grammes
	Protein 79
	Fat 212
4712	Carbo- hydrate 622

Recipe as above plus 6 oz. Desiccated Coco-nut.  
Method as above, using desiccated coco-nut.

COST  
9½d.

### 121. SPONGE CAKE

Calories for Recipe	Grammes
	Protein 36
	Fat 19
	Carbo- hydrate 271
1403	

3 Eggs Weight of 2 eggs in Flour  
Their weight in sugar (castor) 1 dsp. Jam

Beat the eggs together for 5 minutes, add the sugar and beat for 10 minutes. Add the flour, stirring gently. Turn into well-greased sandwich tins. Bake in a hot oven for about 10 minutes, till firm to the touch. Spread one half with jam and cover with the other.

COST  
6d.

## REFERENCE LISTS FOR MENU MAKING

VERY CHEAP MEALS: BEST VALUES  
FOR SMALL COST

Breakfast Menu No.	Calories	Cost per Person
1	1036	2½d.
2	970	1d.
9	746	2½d.
14	673	1½d.
15	628	2¼d.
19	547	2½d.
20	467	1½d.
21	446	2½d.
22	403	2d.
23	347	2½d.
Dinner Menu No.	Calories	Cost per Person
1	1423	4d.
2	1421	6¼d.
3	1420	5½d.
4	1394	5½d.
5	1295	4½d.
7	1264	4½d.
8	1206	4½d.
9	1160	6½d.
10	1142	4½d.
11	1132	5d.
14	1072	4½d.
15	1039	4½d.
16	1061	4½d.
18	998	3d.
24	910	4½d.
25	875	5d.
Lunch Menu No.	Calories	Cost per Person
1	1476	4½d.
2	1171	6½d.
6	1034	3½d.
7	1014	4½d.
10	890	4d.
11	854	4½d.
12	816	4½d.
13	801	3½d.
14	753	4d.
15	717	2½d.

Lunch Menu No.	Calories	Cost Per Person
17	572	4½d.
18	560	3½d.
19	548	3¾d.

These lunch menus will serve equally well for suppers.  
Drinks have not been included in the cost of the above meals.

### VEGETARIAN MEALS

Breakfast Menu No.	Calories per Person
1	1036
4	922
5	862
8	766
9	746
10	738
12	706
15	628
16	612
18	547

Lunch Menu No.	Calories per Person
1	1476
2	1171
4	1267
6	1034
7	1014
8	1157
10	890
11	854
12	816
14	753
18	560
19	548

These lunch menus will serve for supper menus.

Salad Menu No.	Calories per Person
1	816
2	742

Snack Menu No.	Calories per Person
4	377
6	354
9	309
10	257

## REFERENCE LISTS FOR MENU MAKING

Snack Menu No.					Calories per Person
11	.	.	.	.	231
14	.	.	.	.	183

Fruit Breakfast Menu No.					Calories per Person
4	.	.	.	.	922
5	.	.	.	.	862
8	.	.	.	.	766
10	.	.	.	.	738
15	.	.	.	.	628
16	.	.	.	.	612
18	.	.	.	.	547

## PRICES IN LONDON DISTRICTS, 1934-5

VARIATIONS in prices are according to season and district.  
 Low prices in meat list refer to foreign meats. Frozen meat is as nourishing as home killed.  
 (Liver, Kidney, Heart, Sweetbread, Tripe, Tongue, and Brain are high in protein and also have high vitamin and iron values ; most of these are home killed.)

Amount of Waste about	MEATS		PRICE	
		From	To	
	<b>Beef</b>			
	Brisket . . . . .	Per lb.	6½d.	9d.
	Flank (thin) . . . . .	"	3½d.	6d.
	Rump Steak . . . . .	"	1/8	2/6
½	Salt Beef Flank (thick) . . . . .	"	4d.	10d.
½	Sirloin . . . . .	"	9d.	2/-
½	Shin . . . . .	"	8d.	1/2
	Stewing Steak . . . . .	"	6d.	1/2
	<b>Lamb</b>			
½	Cutlets . . . . .	Per lb.	10d.	1/6
½	Leg . . . . .	"	10d.	1/7
½	Shoulder . . . . .	"	9d.	1/2
	<b>Mutton</b>			
½	Neck (Middle) . . . . .	Per lb.	4½d.	1/2
½	Scrag . . . . .	"	4½d.	10d.
	<b>Pork</b>			
½	Breast . . . . .	Per lb.	10d.	1/2
½	Leg . . . . .	"	1/-	1/6
½	Pig's Head . . . . .	Whole Head	1/3	
	<b>Bacon</b>			
	Ham . . . . .	Per lb.	10d.	1/6
	Back (Middle, Streaky) . . . . .	"	8d.	1/6
½	Corner . . . . .	"	6d.	1/6
½	Collar and Flank . . . . .	"	6d.	1/6
	<b>Veal</b>			
½	Cutlets . . . . .	Per lb.	2/2	2/4
	<b>Miscellaneous</b>			
	Dripping . . . . .	Per lb.	4d.	8d.
	Kidneys (Ox.) . . . . .	"	1/5	1/7
	Liver (Ox, sheep's or calf's) . . . . .	"	10d.	2/-

Amount of Waste about	MEATS		PRICE
		Per lb.	From To
½	Oxtail . . . . .	6d.	1/-
	Pig's Fry . . . . .	10d.	1/-
	Sausages (Beef) . . . . .	6d.	6d.
	Sausages (Pork) . . . . .	1/-	1/4
	Sweetbreads (Ox) . . . . .	1/6	3/-
	Suet . . . . .	8d.	1/-
	Tripe . . . . .	8d.	10d.
½	Trotters (Pig's) . . . . .	8d.	1/-
 Game			
½	Chicken . . . . .	1/-	1/6
½	Duck . . . . .	1/-	1/6
½	Rabbit . . . . .	4d.	6d.
½	Turkey . . . . .	1/-	2/-
 FISH			
Whole fish			
½	Bloaters . . . . .	6d.	8d.
½	Cod . . . . .	8d.	1/-
½	Eels . . . . .	1/-	1/8
½	Haddock . . . . .	8d.	1/2
½	Hake . . . . .	1/2	1/4
½	Herring (Fresh) . . . . .	6d.	8d.
½	Kipper . . . . .	6d.	8d.
½	Mackerel . . . . .	6d.	8d.
½	Plaice . . . . .	1/2	1/6
½	Salmon . . . . .	2/6	3/3
½	Skate . . . . .	10d.	10d.
½	Sole . . . . .	1/2	2/6
½	Sprats . . . . .	4d.	6d.
½	Whiting . . . . .	1/2	1/6
	Fish Roes . . . . .	7½d.	1/3
 Shell Fish			
	Cockles (shelled) . . . . .	Per Pt.	8d.
	Shrimps . . . . .	4d.	6d.
	Winkles (shelled) . . . . .	6d.	6d.

GROCERIES	PRICE
	From To
Apricots (tinned) . . . . .	Per lb.
Allenbury's Cereal (14 oz. packet)	6½d. 10d.
Baked Beans (Haricot) . . . . .	Per lb.
Bemax . . . . .	4d. 6d.
	2/6 2/6

Amount of Waste about	GROCERIES	PRICE	
		From	To
	Bread (White) (2 lb. loaf)	3½d.	3½d.
	Bread (Wholemeal) (1 lb. loaf)	2½d.	3d.
	Butter . . . . .	Per lb.	10d. 1/2
	Cheese . . . . .	"	8d. 1/-
	Chocolate . . . . .	"	1/- 1/8
	Cocoa (½ lb. tin)		3d. 5½d.
	Coco-nut (desiccated)	Per lb.	2½d. 2½d.
	Cornflakes (½ lb. packet)		6½d. 6½d.
	Cornflour . . . . .	"	4d. 8d.
	Currants . . . . .	"	6d. 8d.
	Cream (20 oz. or 1 pt.)		3/6 3/6
	Cream Cheese . . . . .		1/- 1/4
	Eggs . . . . .	each	1d. 2½d.
	Flour . . . . .	Per lb.	2d. 2d.
	Force (½ lb. packet)		7½d. 7½d.
	Gelatine (½ lb. packet)		11d. 1/1½
	Golden syrup . . . . .		5d. 5d.
	Grape-fruit (tinned)	Per 1½ lb.	9d. 10½d.
	Honey . . . . .	Per lb.	10d. 1/-
	Jelly (Red Currant)		1/6 1/6
	Lentils . . . . .	"	3d. 3d.
	Macaroni . . . . .	"	3½d. 3½d.
	Marmalade . . . . .	"	5d. 6d.
	Marmite (2 oz. jar)		10d. 10d.
	Mayonnaise 7 oz. (C. & B.'s)		10½d. 10½d.
	Milk (1 pint)		3d. 3½d.
	Oatmeal . . . . .	Per lb.	3d. 5d.
	Olives (2½ oz.)		9½d. 9½d.
	Olive Oil (½ pint)		6d. 6d.
	Ovaltine (tins, first two sizes)		1s. 1d. 1s. 10d.
	Peas (green, whole, dried)	Per lb.	3d. 4½d.
	Peas (split)		2d. 4d.
	Pears (tinned)		7½d. 8½d.
	Pineapple (tinned)		4½d. 6d.
	Raisins . . . . .	"	7d. 10d.
	Raspberry Jam . . . . .	"	6d. 9d.
	Rice . . . . .		2½d. 4d.
	Sardines . . . . .	"	1/8 4/-
	Shredded Wheat (12 oz. packet)		8d. 8d.
	Sugar, granulated . . . . .	Per lb.	2½d. 2½d.
	Sugar, lump . . . . .	"	3d. 3d.
	Sugar, Icing . . . . .	"	3½d. 3½d.
	Sugar, Brown . . . . .	"	2½d. 2½d.
	Sultanas . . . . .	"	6d. 8d.
	Tribrek (½ lb. packet)		7½d. 7½d.
	Vinegar (1 pint)		4d. 6d.
	Vita Weat (28 pieces)		10d. 10d.

Amount of Waste about	GREENGROCERIES		PRICE
		From	To
	Almonds . . . . .	Per lb.	2/-
1	Apples (Eating) . . . . .	"	4d.
1	Apples (Cooking) . . . . .	"	3d.
1	Bananas . . . . .	each	1d.
1	Beans (Runner) . . . . .	Per lb.	1d.
	Beetroot . . . . .	"	4d.
	Blackberries . . . . .	"	4d.
1	Brazils . . . . .	"	8d.
	Brussels Sprouts . . . . .	"	1d.
1	Cabbage or Greens . . . . .	"	1d.
	Carrots . . . . .	"	1d.
1	Cauliflower . . . . .	"	2d.
1	Celery . . . . .	Per head	3d.
	Cherries . . . . .	Per lb.	6d.
	Chestnuts . . . . .	"	4d.
	Cranberries . . . . .	"	6d.
	Damsons . . . . .	"	4d.
	Dates . . . . .	"	3d.
	Figs . . . . .	"	4d.
	Gooseberries . . . . .	"	3d.
1	Grape-fruit . . . . .	each	3d.
	Leeks . . . . .	Per lb.	1½d.
1	Lemons . . . . .	each	1d.
1	Lettuces . . . . .	"	1d.
1	Marrows . . . . .	"	1d.
1	Melons . . . . .	"	4d.
	Mushrooms . . . . .	Per lb.	8d.
	Onions . . . . .	"	1d.
1	Oranges . . . . .	each	½d.
	Parsnips . . . . .	Per lb.	1½d.
1	Peas . . . . .	"	1d.
1	Pears (eating) . . . . .	"	8d.
	Peanuts . . . . .	"	4d.
	Plums . . . . .	"	4d.
1	Potatoes . . . . .	"	1d.
	Prunes . . . . .	"	6d.
1	Radishes (½ lb. bunch) . . . . .	Per lb.	1d.
	Raspberries . . . . .	"	6d.
1	Savoys . . . . .	"	1d.
1	Spinach . . . . .	"	1d.
	Strawberries . . . . .	"	6d.
	Tomatoes . . . . .	"	4d.
1	Turnips . . . . .	"	1d.
1	Turnip Tops . . . . .	"	1d.
	Walnuts . . . . .	"	10d.
	Watercress . . . . .	"	4d.

### CONCLUSION

THERE is much to be learned in buying: the cost of food values depends on good marketing; the value is in the edible portion, but money has to be paid for all waste parts, the bone of meat, the skin of fruit, the outside leaves of vegetables.

There is also much to learn in the science and art of cooking. Unless there is knowledge in the kitchen, many of the salts of vegetables will be thrown down the sink, the green part of leaf vegetables will not be valued, perfect freshness will not be appreciated. Knowledge brings the realization that burned or decayed food has undergone other chemical changes, and that unless the fibres of meat and cereals are sufficiently softened their goodness cannot be used by the body—food cannot be nourishing unless it is in a form to nourish.

The time is coming when the art of cookery will work together with dietetics and “do for medicine what asepsis has already done for surgery.” And the people of the nation will not “look up with pale and sunken faces” and make us sad, and malnutrition will be a thing of the past.

“Given sufficient knowledge and money.”

## REFERENCE BOOKS

“Analyses and Energy Value of Foods,” by R. H. A. Plimmer.

“Food and the Principles of Dietetics,” by Hutchison and Mottram.

“Laboratory Handbook for Dietetics,” by Rose.

“Food, Health and Vitamins,” by Plimmer.

“Nutrition and Diet in Health and Disease,” by McLester.

“The Chemical Composition of American Food Material,” by Atwater and Bryant.

“Vitamins in Theory and Practice,” by Dr. Leslie J. Harris (Cambridge University Press, 1935).



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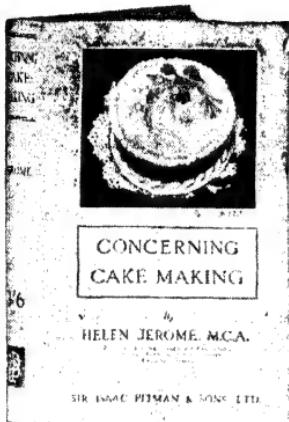
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